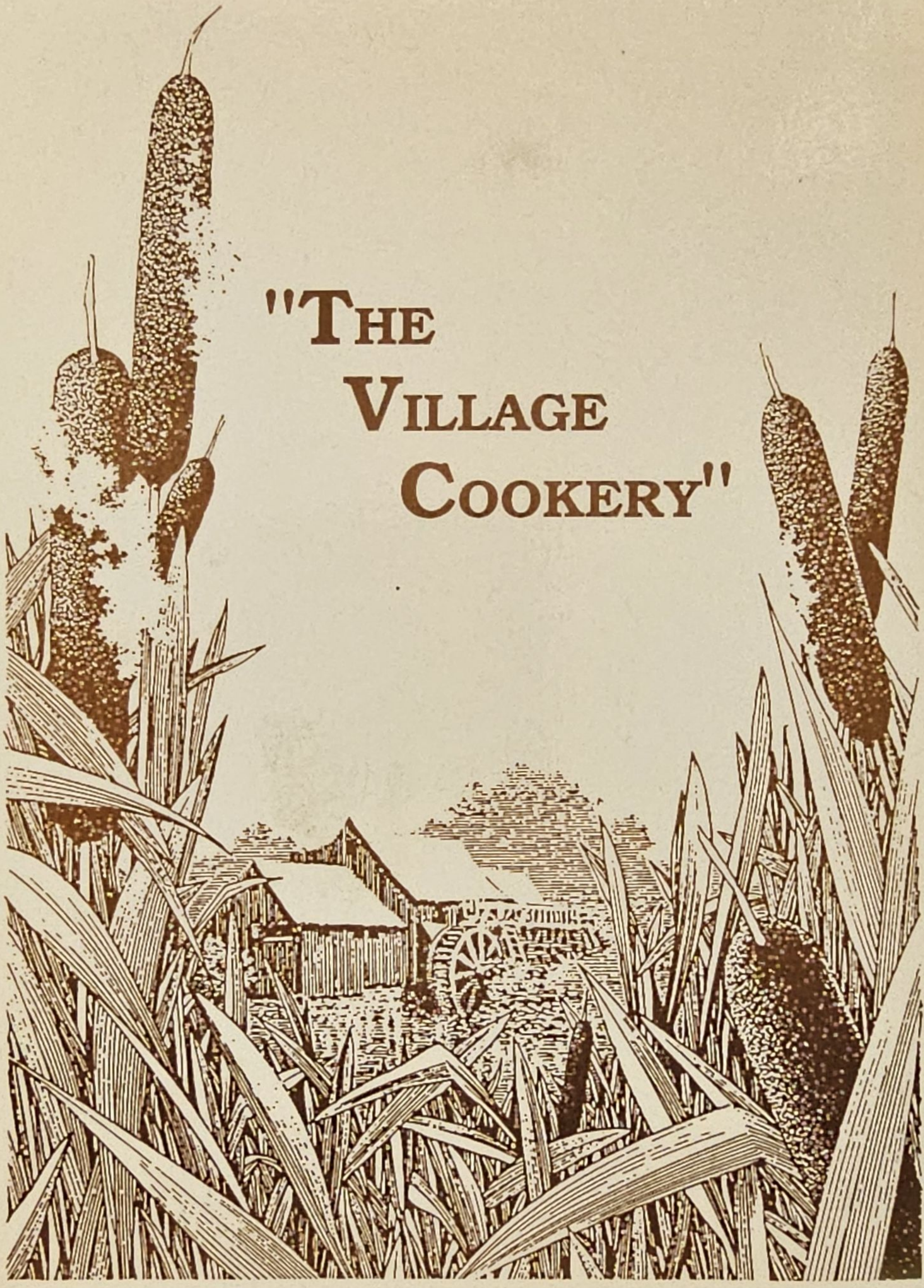
"The Village Cookery"



CaraVita Village

Retirement Community
Independent Apartment Living/Assisted Living

SUSAN NEWMAN
Marketing Director

4000 Fieldcrest Drive
Montgomery, Alabama 36111

Telephone
(334) 284-0370
Fax
(334) 284-0630

Covenant Village is a retirement community located at 4000 Fieldcrest Dr., Montgomery, Alabama 36111. We offer ***"The Very Best In Retirement Living"***, which consists of independent living and assisted living. The residents enjoy a full activity schedule. We offer the convenience of transportation service as well as providing security. Many of the recipes in this cookbook are served, on a daily basis, in our beautiful full service dining room. Guests of residents are welcome to tour our facility and dine with us at any time.

This cookbook is dedicated to Lib Trail for her hours of devoted service to this project. Also many thanks to Mrs. Trail's daughter, Sharon Heflin for her work typing and arranging.

Special recognition of Charles Clemons for his idea for this cookbook and also to Peggy Collins for the final editing and compilation.

Thanks to the Covenant Village Residents, past and present, for sharing their specialties collected over the years. Many of our sources are unknown but submitted by our residents. Some recipes are so old we can't know their origin and some so new they are clippings or scraps of paper from newspaper, magazines and backs of cans, therefore, we claim no responsibility for their use, we just give you the results of our labors for your enjoyment.

TAKE TIME.....

1. Take time to work...
It is the price of success.

2. Take time to think.....
It is the source of power.

3. Take time to play....
It is the secret of youth.

4. Take time to read....
It is the foundation of knowledge.

5. Take time to worship....
It is the highway of reverence and washes the dust of earth from our eyes.

6. Take time to help and enjoy friends.....
It is the source of happiness.

7. Take time to love.....
It is the one sacrament of life.

8. Take time to dream.....
It hitches the soul to the stars.

9. Take time to laugh.....
It is the singing that helps with life's loads.

10. Take time to plan.....
It is the secret of being able to have time to take time for the first nine things.

Aspirin Cake For Young Mothers

Preheat oven to 375°. Remove toys from countertop. Measure 2 cups flour. Get baking powder. Remove kids' hands from flour. Put flour, baking powder and salt into sifter. Vacuum mixture the kids spilled on kitchen floor. Get an egg; answer the phone. Separate eggs and warm baby's bottle. Help daughter figure math problem. Grease pan; answer the doorbell. Take 1/2 inch salt from greased pan. Look for kids. Put mess in wastebasket, dishes into dishwasher. Call the bakery. Take an aspirin.

Mary Nell Suggs

Bible Cake

2 c. Leviticus 24:5
1 c. Ecclesiastes 11:7
1/2 tsp. Leviticus 2:13
1 tsp. Proverbs 7:17, last phrase
1/2 tsp. Proverbs 7:15

Nan Carter

Christmas by the Cupful

A heaping cup of happiness
2 of love and caring
1 of understanding,
1 of joyful sharing.
A level cup of wisdom,
1 of artful living,
1 of thoughtful insight,
1 of selfless giving.
Mix ingredients together,
Toss in a little flair,
Serve to everyone you know,
Topped with a tiny prayer.

'Cille Atkinson

ONE OF LIFE'S RECIPES

1 c. good thoughts
1 c. kind deeds
1 c. consideration for others
3 forgiveness
2 c. well-beaten faults

Mix these thoroughly; add tears of joy and sorrow, and sympathy for others. Fold in 4 cups of prayers and faith to lighten other ingredients, and raise the texture to great heights of Christian living. After pouring all of this into your daily life, bake well with the heat of human kindness. Serve with a smile.

Author Unknown
Evelyn Garrett

PIZZA

You will need:
One car or two feet
Nearby grocery store
three dollars + 69 cents - more or less
1 Red Baron pizza or your favorite
Go home
Take out of box and follow instructions
M-m-m-m good.
Put box out to recycle.

Genie Pruett

PRESERVED CHILDREN

1 large grassy field
1/2 dozen children
2 or 3 small dogs
Pinch of brook
Some small pebbles
Flowers and a blue sky.

Gather ingredients. Mix dogs and children. Put them in the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers. Spread over a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

Genie Pruett

SAD RECIPE

I didn't have potatoes,
So I substituted rice.
I didn't have paprika,
So I used another spice.
I didn't have tomato sauce,
I used tomato paste...
A whole can, not a half can...
I don't believe in waste.
A friend gave me the recipe,
She said you couldn't beat it,
There must be something wrong with her,
I couldn't even eat it!!!!

Submitted by Selma Werner

QUANTITY COOKING

MEAT, POULTRY OR FISH

Food	25 Servings	100 Servings
Beef and veal roasted	10 lbs.	40 lbs.
Fish, large whole	13 lbs.	50 lbs.
Fish, fillets or steaks	7 1/2 lbs.	30 lbs.
Ham (roasted)	10 lbs.	30 lbs.
Hamburger	9 lbs.	35 lbs.
Meat Loaf	5 lbs.	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.

SANDWICHES

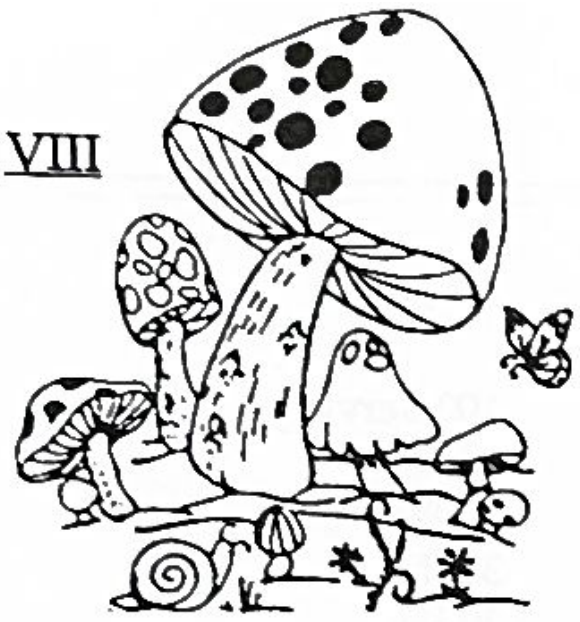
Bread	50 slices	200 slices
Butter	1/2 lb.	1 1/2 lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed filling (meats, eggs, fish)	1 1/2 qts.	5 to 6 qts.
Lettuce	1 1/2 heads	5 to 6 heads

SALADS, CASSEROLES

Potato Salad	4 1/4 qts.	4 1/2 gal.
Scalloped Potatoes	4 1/2 qts.	17 qts.
Spaghetti	1 1/4 gal.	5 gal.
Baked Beans	3/4 gal.	2 1/2 gal.
Jell-O Salad	2 qts.	2 1/2 gal.
Lettuce (large heads)	4 heads	12 heads

VEGETABLES

Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 (40 oz.) pkgs.	10 (40 oz.) pkgs.
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 (40 oz.) pkgs.	10 (40 oz.) pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs.



List Your Favorite Recipes Here

Recipes	Page

TABLE OF CONTENTS

APPETIZERS AND BEVERAGES ..... 1 - 24
- Appetizers ..... 1 - 19
- Beverages ..... 20 - 24

SOUPS AND SALADS ..... 25 - 36
- Soups ..... 25 - 28
- Salads ..... 28 - 36

BREADS AND BREAKFASTS ..... 37 - 54
- Breads ..... 37 - 45
- Breakfasts ..... 46 - 54

MAIN DISHES ..... 55 - 80

VEGETABLES ..... 81 - 96

CAKES, COOKIES AND CANDY ..... 97 - 116
- Cakes ..... 97 - 106
- Cookies 106- 111
- Candy ..... 112 - 116

DESSERTS AND PIES ..... 117 - 130

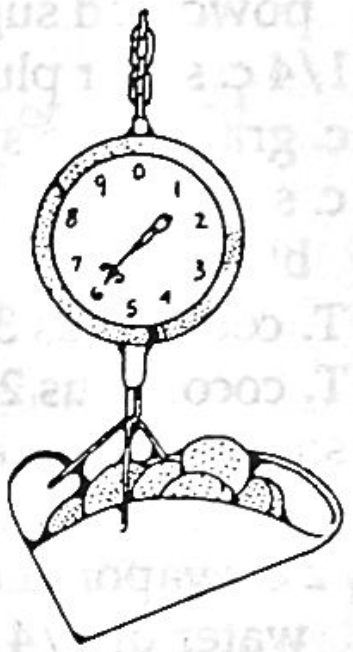
POTPOURRI ..... 131 - 146

INDEX ..... 147 - 152

Printed and Bound by:
GENERAL PUBLISHING AND BINDING, INC.
11638 Highway S33
Iowa Falls, Iowa 50126-8815
Phone 1-800-397-0892
1995 lae #11,117

Standard Abbreviations:

tsp.	=	teaspoon
T.	=	tablespoon
c.	=	cup(s)
pt.	=	pint
qt.	=	quart
gal.	=	gallon
oz.	=	ounce(s)
lb.	=	pound
pkg.	=	package
sq.	=	squares
sm.	=	small
med.	=	medium
lg.	=	large
min.	=	minute
hr.	=	hour



Oven Temperatures:

Slow Oven	250° - 300°
Moderate Oven	325° - 350°
Moderate Quick	375°
Moderate hot	400°
Hot	425° - 450°
Extremely Hot	475° - 500°

Contents Of Standard Cans:

8 oz. can	=	1 cup
Picnic	=	1 1/4 cup
No. 300	=	1 3/4 cup
No. 1 tall	=	2 cups
No. 303	=	2 cups
No. 2	=	2 1/2 cups
No. 2 1/2	=	3 1/2 cups
No. 3	=	4 cups
No. 5	=	7 1/4 cups
No. 10	=	13 cups

Equivalent Measures:

3 tsp.	=	1 tablespoon
4 T.	=	1/4 cup
5 1/8 T.	=	1/3 cup
16 T.	=	1 cup
2 c.	=	1 pint
4 c. (2 pts.)	=	1 quart
4 qts. (liquid)	=	1 gal.

Metric Quantity & Equivalent:

1 ml	=	slightly less than 1/4 teaspoon
2 ml	=	slightly less than 1/2 teaspoon
5 ml	=	1 teaspoon
15 ml	=	1 tablespoon
25 ml	=	1 T. plus 1 tsp.
50 ml	=	1/4 c. minus 2 tsp.
125 ml	=	1/2 c. plus 1 1/2 tsp.
250 ml	=	1 c. plus 1 T.
500 ml	=	1 pt. plus 2 T.
1 L	=	1 qt. plus 1/4 c.

Metric Weights:

30 g	=	1 oz. plus a lg. pinch
125 g	=	1/4 lb. plus 1/4 oz.
250 g	=	1/2 lb. plus less than 1 oz.
500 g	=	1 lb. plus 1 2/3 oz.
0.750 kg	=	1 1/2 lbs. plus 2 1/2 oz.
1 kg	=	2 lbs. plus 3 1/2 oz.

Use Liters for measuring dry and liquid ingredients. Use grams for measuring solids by weight.

SUBSTITUTIONS

(Recipe results will vary using substitutions. Use only in emergency circumstances.)

1 c. sugar	1 1/3 c. brown sugar **or** 1 1/2 c. powdered sugar
1 c. honey	1 1/4 c. sugar plus 1/4 c. liquid
1 c. brown sugar	1 c. granulated sugar and 2 T. molasses
1 c. powdered sugar	1 c. sugar and 1 T. cornstarch. Blend in blender.
1 sq. unsweetened chocolate	3 T. cocoa plus 3 T. shortening
1 oz. bitter chocolate	4 T. cocoa plus 2 T. butter
6 oz. pkg. semi-sweet chocolate pieces, melted	2 sq. unsweetened chocolate plus 2 T. shortening and 1/2 c. sugar
1 c. milk	1/2 c. evaporated milk plus 1/2 c. water **or** 1/4 c. nonfat dry milk plus 7/8 c. water plus 2 tsp. butter
1 c. sweet milk	1 c. buttermilk plus 1/2 tsp. baking soda
1 c. half and half	7/8 c. milk plus 1/2 T. butter **or** 1/2 c. coffee creamer and 1/2 c. milk
1 c. butter	1 c. vegetable shortening plus 1/2 tsp. salt
1 T. cornstarch (for thickening)	2 T. flour
1 T. flour (for thickening)	1/2 - 2/3 T. cornstarch
1 c. cake flour, sifted	1 c. minus 2 T. all-purpose flour plus 2 T. cornstarch. Sift well.
1 c. self-rising flour	1 c. all-purpose flour plus 1 1/2 tsp. baking powder and 1/2 tsp. salt
1 tsp. baking powder	1/4 tsp. baking soda plus 5/8 tsp. cream of tartar **or** 2 egg whites, beaten and folded in.
2 T. minced onion	1 tsp. onion powder
1 c. tomato juice	1/2 c. tomato sauce, and 1/2 c. water
2 c. tomato sauce	3/4 c. tomato paste, and 1 c. water
1 c. marshmallow creme	16 lg. marshmallows (or 1/4 lb.)
1 c. miniature marshmallows	10 lg. marshmallows
10 miniature marshmallows	1 lg. marshmallow

General Meat Cooking Chart

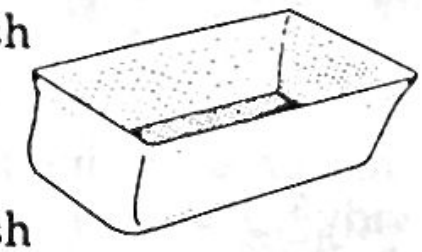
Type		Weight	Minutes Per Pound
PORK:			
Rib or loin, fresh		4 - 8 lbs.	30 - 40
Leg, fresh		5 lbs	25 - 30
Picnic shoulder, fresh or smoked		5 - 10 lbs.	40
Boned and rolled shoulder, fresh		3 - 7 lbs.	60
Ham, smoked		12 - 20 lbs.	18
BEEF:			
Standing Ribs	rare	3 - 8 lbs.	25
	medium	3 - 8 lbs.	30
	well	3 - 8 lbs.	35

Rolled or Boned Roasts.....Use above weights and increase cooking time by 15 to 20 minutes per pound.

LAMB:		
Shoulder, well done	4 - 10 lbs.	40
Shoulder, boned and rolled	3 - 6 lbs.	40
Leg, well done	3 - 6 lbs.	50
Crown, well done	3 - 6 lbs.	50
POULTRY:		
Chicken	3 - 5 lbs.	20
Stuffed	5 lbs. & over	20
Turkey (with or without stuffing)	18 - 20 lbs.	14

Guide To Kitchen Pans

If Recipe Calls For:	Use Either:
4 cup baking dish	A. 9" pie pan B. 8" x 1 1/4" round cake pan C. 7 3/8" x 3 5/8" x 2 1/4" loaf pan
6 cup baking dish	A. 9" x 1 1/2" round cake pan B. 10" pie pan C. 8 1/2" x 3 5/8" x 2 5/8" loaf pan
8 cup baking dish	A. 8" x 8" x 2" square pan B. 11" x 7" x 1 1/2" pan C. 9" x 5" x 3" loaf pan
10 cup baking dish	A. 9" x 9" x 2" square pan B. 11 3/4"x 7 1/2" x 1 1/4" baking pan C. 15" x 10" x 1 " jelly roll pan
12 cup baking dish	A. 13 1/2" x 8 1/2" x 2" glass pan



COMMON FOOD EQUIVALENTS

FOOD	AMOUNT	APPROXIMATE EQUIVALENT
Cheese, American or Cheddar	4 oz.	1 cup, shredded
Cheese, cottage	1 lb.	2 cups
Cheese, cream	3 oz. pkg.	6 tablespoons
	8 oz. pkg.	1 cup
Chocolate, unsweetened	8 oz. pkg.	8 squares (1 oz. each)
Chocolate chips	6 oz. pkg.	1 cup
Cream, dairy sour	8 oz.	1 cup
Cream, whipping	1/2 pt.	1 cup (2 c. whipped)
Flour, all-purpose	1 lb	3 1/2 cups
Flour, cake	1 lb.	4 cups
Lemon juice	1 med. lemon	2 - 3 tablespoons
Margarine or Butter	1 lb.	2 cups
Onion	1 med.	1/2 cup, chopped
Orange juice	1 med.	1/3 - 1/2 cup
Pasta:		
Egg noodles, uncooked	8 oz.	4 - 5 cups
Macaroni, uncooked	2 c.	4 cups cooked
Spaghetti, uncooked	7 - 8 oz.	4 cups
Sugar, brown	1 lb.	2 1/4 cups
Sugar, granulated	1 lb.	2 cups
Sugar, powdered	1 lb.	4 cups

«»

4 BASIC FOOD GROUPS

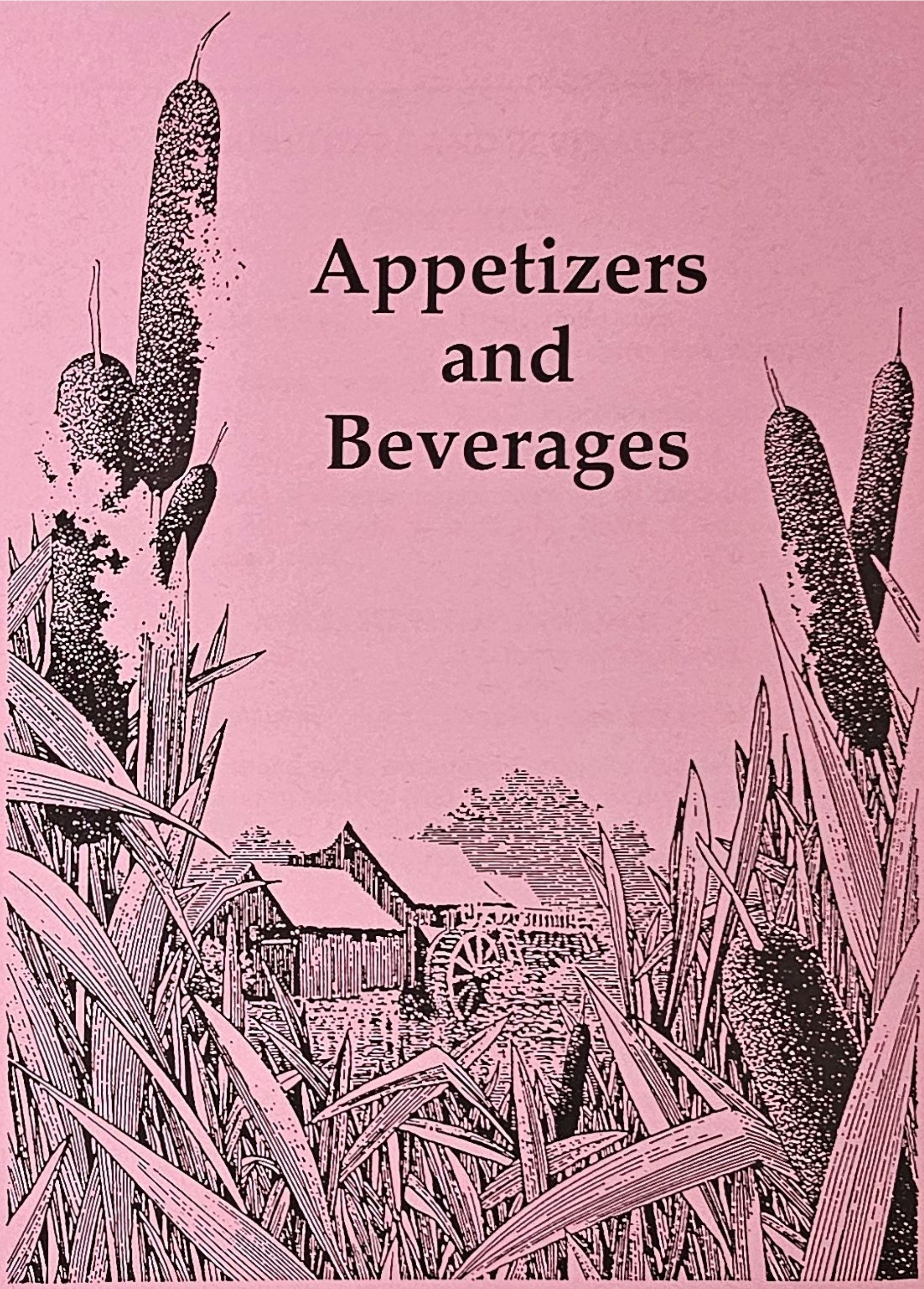
Dairy:
Included in this group are; cheese, yogurt and other milk products. Daily requirements for adults are 2 or more cups. These are needed to maintain healthy teeth and bones; help build and repair body tissue and help convert food into energy.

Fruits & Vegetables:
This group provides sources of Vitamins C and A. These help to maintain healthy body tissue and gums, normal night vision and healthy skin. Adults need 4 servings each day.

Breads & Cereals:
This group provides energy; helps regulate vital body processes and helps convert food into energy. 4 servings daily of enriched, fortified or whole grain products is recommended.

Meats:
This group helps build and repair body tissues; helps regulate the body and converts food into energy. Should have 2 (3 oz.) servings per day. Occasional substitutions would be 4 table-spoons peanut butter or 1 cup dried beans or lentils.

Appetizers and Beverages



APPETIZERS AND BEVERAGES

APPETIZERS

ANCHOVY CHEESE DIP

1 (8 oz.) pkg. cream cheese, softened
2 T. stuffed green olives, chopped
1 T. anchovy paste
1 tsp. lemon juice
1 T. green onion tops, chopped *or* chives
1/4 T. Worcestershire sauce
1 T. milk

In small bowl of electric mixer, combine all ingredients. Beat at medium speed until mixture is light and fluffy. Chill. Serve with potato chips. Makes 2 cups. *'Cille Atkinson*

APPLES WITH BUTTERSCOTCH

1 can Eagle Brand milk
2 tsp. vinegar
1/4 *to* 1/2 tsp. cinnamon
1 c. butterscotch morsels
1 tsp. salt
Apples, cored *and* sliced

Mix Eagle Brand milk, butterscotch morsels and salt. Microwave for 3 to 3 1/2 minutes, stirring after 2 minutes. Add vinegar and cinnamon; mix well. Stir well to melt morsels.

HINT: Use equal parts pineapple juice and water to soak apples in to prevent browning. *Teri Hoyt*

HOT ARTICHOKE DIP

1/2 c. real mayonnaise
1 can (14 oz.) artichoke hearts, drained *and* chopped
1/3 c. grated Parmesan cheese
1/2 c. sour cream
1/8 tsp. hot pepper sauce

Stir all ingredients until well-mixed. Spoon into small ovenproof dish. Bake at 375° for 30 minutes or until bubbly. Makes 2 cups.

Sabie Phillips

ARTICHOKE DIP

1 c. Hellmann's mayonnaise
1 pkg. Hidden Valley seasoning
1 c. sour cream
1 can artichoke hearts, chopped

Mix together and let set an hour or longer. *Kathy Snead*

AVOCADO DIP

1 avocado
3 T. fresh lemon juice
1/3 c. onion, minced
1/2 tsp. chili powder
1 (8 oz.) pkg. cream cheese, softened
1/2 tsp. Worcestershire sauce
3/4 tsp. salt

Peel avocado and remove seeds. Mash avocado and blend into cheese until smooth. Add other ingredients; mix well; cover and chill. Serve with assorted crackers and chips. Spread a thin layer of mayonnaise over top to prevent darkening. Just before serving, stir and mix well.

**Can be made the day before it is used.

A Covenant Village Resident

CARAMEL CORN

6 qts. popped corn
2 c. brown sugar, firmly packed
1 tsp. salt
1/2 tsp. baking soda
2 sticks butter
1/2 c. white corn syrup
1 tsp. vanilla

Bring the butter, sugar, syrup and salt to a boil, stirring constantly. When starts to boil quit stirring. Boil 5 minutes then let simmer for a short time. Remove from heat and add vanilla and soda. Pour over corn, mixing well. Cover all the corn. Put in large shallow pan. Bake at 250° for 1 hour stirring each 15 minutes. Cool and break into pieces. Store in tightly sealed cans when cool. *Deana Van Horn*

Remember, if cooking the cheese for your appetizers, that excessive heat and prolonged cooking turns it stringy and leathery. When making a sauce stir in the cheese toward the end of cooking time just until totally melted.

MARINATED CARROT STICKS

6 *to* 8 carrots
1/4 c. salad oil
1/4 tsp. seasoned salt
Minced fresh parsley
1/4 c. vinegar
1 sm. clove garlic, crushed
1/4 tsp. salt

Peel and cut carrots into thin 3 inch sticks. Place carrots in shallow dish. Mix vinegar, oil, garlic and salts. Pour marinade over carrots. Cover dish tightly and refrigerate overnight. When ready to serve, drain marinade, arrange carrot sticks on serving dish and sprinkle with parsley. *A Covenant Village Resident*

RED NECK CAVIAR

3 cans Trappey's black-eyed peas with jalapeño
1 (16 oz.) bottle of Italian dressing
1 sm. can pimentos, drained
1 onion, chopped
Dash Tabasco
Pepper
1 bunch of green onions
Bell pepper, to taste

Boil peas until tender, add other ingredients. Drain. Serve with chips. *Teri Hoyt*

STUFFED CELERY

Combine 2 parts canned deviled ham and 1 part of cream cheese. Wash and dry small pieces of celery about 2 inches long. Fill with spread. Chill before serving. *A Covenant Village Resident*

CELERY CHEESE BALL

1 c. celery, finely chopped
1/4 tsp. salt
2 T. parsley, finely chopped
1 (3 oz.) pkg. cream cheese
Dash pepper
Paprika

Mix together celery, cheese, seasonings; shape into small balls. Roll balls in parsley and sprinkle lightly with paprika. Makes 20 balls.
A Covenant Village Resident

CHEESE BALLS
(VARIATION I)

12 oz. cream cheese
1 stick butter
1 (3 oz.) can chopped ripe olives, well-drained
1/2 c. nuts, chopped
4 oz. blue cheese

Allow cheeses and butter to come to room temperature. Mix well. Add olives and mix well. Wrap in waxed paper and chill. Roll into a ball and then in chopped nuts to cover. Serve at room temperature.

A Covenant Village Resident

CHEESE BALLS
(VARIATION II)

2 (8 oz.) pkgs. cream cheese, softened
1 sm. pkg. Hidden Valley Ranch
Imitation bacon bits
Dressing (any flavor)

Mix the cheese and dressing well. Form into a ball and roll in bacon bits. Serve with crackers. May be rolled in paprika or chopped nuts instead of bacon bits.

A Covenant Village Resident

CHEESE BALLS
(VARIATION III)

1 lb. sharp Cheddar cheese, grated
Dash of Tabasco sauce
1/8 tsp. dry mustard
1/3 c. sherry *or* bourbon
1/2 c. ketchup
2 T. Worcestershire sauce
1/8 tsp. red pepper
1 sm. onion, finely grated
2 T. butter, melted
Parsley, chopped

Mix all ingredients together well and roll in chopped nuts.

A Covenant Village Resident

If the carbonation fizzes out of your champagne, add one raisin to the bottle. The raisin won't affect the taste but it's raw sugar will start the bubbling up again.

CHEESE BALLS
(VARIATION IV)

1 lg. box Velveeta cheese
1 pkg. dry Italian dressing
1/2 c. nuts, finely chopped
Parsley, finely chopped

Knead cheese until soft, mix in dry Italian dressing; shape into a ball. Cover ball with nuts and parsley. *Effie Haber*

CHEESE CURRY SAUSAGE BALL

1 1/2 c. sifted flour
2 tsp. curry powder
1 tsp. paprika
1 lb. sausage
1/4 tsp. salt
8 oz. shredded Cheddar cheese
1/2 c. margarine

Mix flour, curry, paprika, salt and cheese. Blend in with pastry blender or knives the margarine. Shape into ball with hands, cover and refrigerate while cooking sausage. Cover small pieces of the cooked sausage with the curry cheese pastry or mix the meat into the pastry. Shape into small balls. Wrap and freeze. Bake on cookie sheet in 400° oven from 12 to 15 minutes. *Lucile Marks*

CHEESE-OLIVE BALLS

8 oz. sharp Cheddar cheese, grated
1 1/4 c. flour
1/2 c. margarine, melted
1 jar pimento stuffed sm. olives (36)

Blend cheese and flour together until crumbly. Add melted margarine and work together. Mold 1 teaspoon dough around each olive. Place on ungreased baking sheet. Cover and chill 1 hour or longer. Bake at 400° for 15 to 20 minutes. Serve hot, may be frozen before or after they are cooked. *Lib Trail*

Some cheese and fruit combinations: Cheddar, Provolone and Camembert with pineapple, grapes, pears and walnuts. Brie, Monterey Jack and Feta with tangerines, strawberries and dried prunes. Colby, Gjetost, Emmenthaler and Roquefort with apricots, pineapple and plums.

PINEAPPLE CHEESE BALL

2 (8 oz.) pkgs. cream cheese, softened
2 T. green pepper, chopped fine
2 T. onion, chopped fine
1/4 c. drained, crushed pineapple
2 tsp. seasoned salt
2 c. chopped pecans, separated

Combine ingredients and roll into a ball. Save one cup of pecans to roll the ball in.

Nancy Dyer

SURPRISE CHEESE PUFFS

1/2 c. butter *or* margarine, softened
1/2 tsp. salt
Dash of cayenne (red) pepper
50 sm. stuffed green olives
2 c. sharp cheese, grated
1 tsp. paprika
1 c. flour, sifted

Blend butter, cheese, salt, paprika and cayenne and add flour, mix well. Mold 1 teaspoon of this mixture around each olive, covering it completely, and roll into ball. Arrange on baking sheet. Chill until firm. Bake at 400° for 15 minutes. Serve hot. To prepare ahead and frozen. Freeze on baking sheet to keep shape. Store in plastic bag in freezer. Bake as needed.

A Covenant Village Resident

CHEESE SNACKS

1/4 lb. margarine (room temperature)
1/2 pkg. onion soup mix
1/2 lb. Cheddar cheese, grated (room temperature)
1 c. flour

Thoroughly mix margarine and cheese. Add remaining ingredients. Shape into a roll and wrap in waxed paper. Chill well. Slice roll into 1/4 inch thick rounds and bake in preheated 375° oven for 10 to 12 minutes. They should be lightly browned. (A small amount of garlic may be added to the dough.)

Lib Trail

The pointed end of a beer can opener is an excellent tool for deveining shrimp.

CHEESE WAFERS

2 c. flour
1/2 tsp. salt
1/2 tsp. garlic salt
1/4 lb. butter
1 lb. sharp cheese, grated
1/4 tsp. cayenne pepper

Mix all dry ingredients. Cut in butter and add cheese and mix well. Roll dough with a rolling pin thinly and cut into desired shapes. Bake at 375° for 12 minutes. *A Covenant Village Resident*

CHEESE WAFERS

1 stick butter
1 c. self-rising flour
1/2 tsp. garlic salt (optional)
1 1/2 c. corn flakes, crushed
8 oz. sharp Cheddar cheese, grated

Cream butter and cheese. Add crushed corn flakes. Add flour 1 tablespoon at a time. Roll a marble size portion in hand. Mash flat with tines of fork. Sprinkle top with sesame seeds, poppy seeds or caraway seeds. Bake 10 minutes at 350°. Makes 4 dozen. *Hazel G. Koch*

CHEESE ROLL

1 1/2 lbs. New York State sharp cheese, grated
1 (8 oz.) pkg. cream cheese
1 sm. jar pimentos, chopped
2 T. Worcestershire sauce
1 tsp. Tabasco sauce *or* to taste
4 garlic buttons, grated
1/2 tsp. salt
1 c. nuts, finely chopped

Mix all ingredients together well in a large bowl. Shape into 4 or 5 rolls and roll each in paprika. Serve with Ritz crackers. *Effie Haber*

Cover leftover tomato sauce with cooking oil and freeze until needed.

CHEESE DILL DIP

1 (3 oz.) pkg. cream cheese
1/2 tsp. lemon peel, grated
1/2 tsp. salt
1 T. lemon juice
1/4 tsp. dill seed
1 c. sour cream

Combine cream cheese, juice, lemon peel, dill and salt. Beat until somewhat fluffy. Blend in sour cream. Chill thoroughly. Very good for a vegetable dip.

A Covenant Village Resident

CHEESE STRAWS I

Cover Pepperidge Farm Puff pastry strips with grated cheese, sprinkled with cayenne pepper. Fold over and press down with rolling pin. Cut into strips and bake at 350° until done, about 10 minutes.

Lib Trail

CHEESE STRAWS II

3/4 c. butter, softened
2 c. flour
1 tsp. red pepper
1 lb. sharp cheese, grated
1 tsp. salt

Mix butter and cheese. Add flour, salt and pepper, mixing thoroughly. Using a cookie press, force dough onto ungreased cookie sheet, using desired disc. Bake at 350° for 10 to 12 minutes.

A Covenant Village Resident

CHEESE STRAWS III

1 c. sharp cheese, grated
1 tsp. baking powder
1 tsp. salt
1/2 c. butter, softened
1 3/4 c. flour
Dash cayenne pepper

Cream all ingredients together well. This dough should be firm, yet soft. Press through pastry tube onto cookie sheet. Bake at 300° until dry or about 35 minutes.

Effie Haber

Add beef bouillon cube when cooking macaroni and cheese.

CHILI CHEESE LOG

Beat 1 package chili seasoning with two 8 ounce packages and 3 tablespoons salsa. Shape into a log and top with chopped nuts and shredded Monterey Jack cheese. Chill until firm. Serve with crackers.

Lib Trail

MEXI-CHILI DIP

1 (3 oz.) can pitted black olives, chopped
1 (4 oz.) can green chilies, chopped
1 med. onion, chopped
1 1/2 T. vinegar
1 tsp. garlic salt
1 lg. tomato, chopped
3 T. olive oil

Combine olives, chilies, onion and tomato in a small bowl. Mix. Combine remaining ingredients and add to vegetable mixture. Chill at least 2 hours. Serve with corn chips. Makes 2 1/2 cups. ***Lib Trail***

CHILI DIPS

VARIATION 1:

Heat:

1 can chili without beans

Add:

1/2 lb. mild cheese, grated

Heat chili and add cheese. When cheese is melted, serve warm with chips.

VARIATION 2:

1 can chili without beans
1/2 c. green chili sauce *or* jalapeño salsa
1 (2 1/2 oz.) can sliced black olives, drained
1 (8 oz.) pkg. cream cheese

Combine chili and cream cheese in medium saucepan. Cook over low heat until cheese melts, stirring often. Stir in sauce and olives. Serve warm with chips. Makes 3 cups. ***Lib Trail***

CLAM DIP

2 (3 oz.) pkgs. cream cheese
1 tsp. Worcestershire sauce
1/8 tsp. cayenne pepper
1 sm. can minced clams
1 tsp. onion juice
Salt (if needed)

Mash cheese; drain clams; add clam juice to cheese until it reaches dipping consistency; season; add minced clams. Serve with potato chips or crackers. *A Covenant Village Resident*

CUCUMBER CHILI DIP

1 lg. cucumber
1/2 tsp. salt
2 T. green chili peppers, seeded *and* chopped
1 (3 oz.) pkg. cream cheese
2 T. sour cream

Pare and mince cucumber. Stir in salt; chill 1 hour. Drain and press to remove liquid. In small bowl of electric mixer, beat cream cheese and sour cream thoroughly. Stir in cucumber and chili peppers. Chill. Serve with assorted vegetables. Makes 1 cup. *'Cille Atkinson*

CUCUMBER ROUNDS

Wash cucumbers and scar outside with fork. Cut into rounds 1/4 inch thick. Spread with canned deviled ham, leaving about 1/4 inch of cucumber showing. Chill and serve. *A Covenant Village Resident*

HOW 'BOUT THEM DOGS

1 c. bourbon
1 c. ketchup
1 c. sugar
2 lbs. beef hot dogs

Mix all ingredients except hot dogs and simmer. Add hot dogs, each cut into 5 or 6 pieces. Simmer longer. Good served in crockpot. Serve with cocktail picks. *Vivian Carroll*

Rub one tablespoon margarine around top of pan and vegetables will not boil over.

CURRY CHUTNEY MOLD

1 (8 oz.) pkg. cream cheese
1/2 *to* 1 tsp. curry
1/2 c. pecans, finely chopped
3/4 c. Major Grey chutney, very finely chopped
Angel Flake coconut
1 T. heavy cream

Combine all ingredients except coconut. Chill. Roll into soft ball and roll in coconut. If this is too stiff, add 1 teaspoon more cream. Serve with crackers.

A Covenant Village Resident

DEVILED EGGS

6 eggs, hard-boiled
1/4 tsp. salt
1/4 tsp. prepared mustard
1/4 c. melted butter *or* margarine
Dash pepper
1 tsp. onion, minced

Cut eggs into lengthwise halves. With teaspoon carefully remove yolks to small bowl; set whites aside. Mash yolks until very fine and crumbly; blend in butter, rest of ingredients. Generously refill hollows in whites with yolk mixture, slightly rounding each. Garnish with strips of pimento, ripe or green olives, parsley.

A Covenant Village Resident

SWISS FONDUE

Cut 1 large loaf of French or Italian bread into 1 inch cubes and spread them out to dry well before serving time. Coarsely grate 1/2 pound Emmanthaler cheese and 1/2 pound Gruyere cheese. Dissolve 1 tablespoon cornstarch in 2 tablespoons Kirsch. Pour 2 cups dry white wine in fondue pot. Add 1 medium garlic clove to wine. Boil for 1 minute before discarding garlic. Lower heat to a simmer. Add grated cheese 1/2 cup at a time, as you stir with a wooden spoon, allowing cheese to melt before adding more. It should be a creamy mixture when all cheese is melted. Stir in Kirsch and cornstarch mix. Add 1/8 teaspoon nutmeg. If wine is not very dry, add 1 teaspoon lemon juice. Place fondue pot over chafing dish flame and allow fondue to simmer. With a long-handled fork, dip a bread cube in fondue until bread is well-coated and eat immediately.

Lib Trail

CHEESE FONDUE

1 envelope (1 3/8 oz.) dry soup mix
1 lb. processed American cheese (4 c. shredded)
2 c. tomato juice
4 tsp. lemon juice
French, pumpernickel *or* rye bread, diced

Combine soup mix, juices and heat slowly. When juice starts to simmer, add small amount of cheese stirring constantly, continue adding cheese and stirring. ***Anne Nusbaum***

CHEESE AND SHRIMP FONDUE

1 can cream of shrimp soup
2 T. white wine
1/2 lb. Swiss cheese, grated
French bread, cut in lg. cubes

In a fondue pot allow soup, cheese and wine to simmer. Each person takes a long-handled fondue fork and spears bread chunks and coats them well with the fondue. Eat immediately. ***Lib Trail***

FRUIT AND NUT BALLS

1 c. walnuts, shelled
1/2 c. pecans, shelled
8 pitted dates
1/2 c. candied cherries
1/2 c. almonds, shelled
1/2 c. seeded raisins
3 dried figs

Chop or grind nuts and fruit. Sprinkle a little powdered sugar on a bread board and knead the mixture until it is thoroughly blended. Shape into balls. Roll in chopped nuts, if desired.

A Covenant Village Resident

IMITATION CHOPPED LIVER

1 lg. onion, fried, chopped fine
1 hard-boiled egg, chopped fine
1 med. can string beans, drained
1/2 c. dried lentils, chopped fine

Cook the lentils until mushy. Mash with wooden spoon and mix with other ingredients and salt and pepper to taste; garlic (optional). Serve with crackers on a bed of lettuce. ***Frances Goodman***

TOASTY NUT GRANOLA

6 c. quick *or* old fashioned oats, uncooked
1/2 c. firmly packed brown sugar
1/2 c. flaked *or* shredded coconut
1/2 c. vegetable oil
1 1/2 tsp. vanilla extract
1 c. chopped nuts
3/4 c. wheat germ
1/3 c. sesame seed
1/3 c. honey

Toast oats in an ungreased 13 x 9 inch pan in preheated moderate oven 350° for 10 minutes. Combine oats, nuts, wheat germ, brown sugar, coconut and sesame seed. Add oil, honey and vanilla; mix well. Divide oats mixture in half. Bake half of oats mixture in ungreased 13 x 9 inch pan in preheated oven (350°) for 20 to 25 minutes, stirring occasionally. Cool; stir until crumbly. Repeat for remaining half of oats mixture. Serve with milk or cream or eat as a snack. Store in a tightly covered container in refrigerator. Makes about 9 cups granola.

Elsie Clemons

JALAPEÑO COCKTAIL PIE

Three or four jalapeño peppers, seeded and chopped (be sure to use gloves for this). One large onion, finely chopped; 1 garlic clove, minced; 1 pound sharp Cheddar cheese, shredded and 6 eggs, well-beaten. Spread peppers, onion and garlic in a well-greased 9 inch square pan. Sprinkle the cheese over the pepper mixture. Pour beaten eggs over cheese. Bake at 350° for 30 minutes or until firm. When cool, cut into 1 inch squares.

A Covenant Village Resident

ORANGE BALLS

1 (7 1/2 oz.) box vanilla wafers
1 (3 1/2 oz.) can coconut
1/2 c. concentrated frozen orange juice
3/4 c. powdered sugar

Crush vanilla wafers. Mix all ingredients and roll in marble-size balls. Roll balls in powdered sugar. Chill overnight. Next morning put into paper bag and shake in powdered sugar to thoroughly coat. Makes 4 dozen balls.

A Covenant Village Resident

COCKTAIL MEATBALLS

1 lb. ground beef
1/3 c. onion, finely chopped
1 egg
1 tsp. salt
1/8 tsp. pepper
1 (12 oz.) bottle chili sauce
1/2 c. dry bread crumbs
1/4 c. milk
1 T. parsley, snipped
1/2 tsp. Worcestershire
1/4 c. shortening
1 (10 oz.) jar grape jelly

Mix ground beef, bread crumbs, onion, milk, egg, parsley, salt, Worcestershire sauce, and pepper gently. Shape into 1 inch balls. Cook meatballs in shortening in 12 inch skillet until brown. Remove meatballs from skillet. Put chili sauce and jelly in skillet, stirring constantly until jelly is melted. Add meatballs and stir until coated. Simmer uncovered 30 minutes. Serve hot in chafing dish. Makes 5 dozen meatballs. *Evelyn Garrett*

ORANGE PECAN BALLS

1 (12 oz.) box vanilla wafers, finely crushed *or* 1 (13 oz.) pkg. graham cracker crumbs
1 lb. confectioners' sugar, sifted
1 (6 oz.) can frozen orange juice, thawed
1 stick margarine, softened
1 c. pecans, finely chopped

Cream margarine and sugar; add orange juice and crumbs. Form into balls of walnut size and roll in finely chopped pecans. *Effie Haber*

SNACK-SEASONED OYSTER CRACKERS

1 lg. pkg. oyster crackers
1 pkg. original Hidden Valley Ranch dressing
2 T. dill weed
3/4 c. Wesson oil

Put in containers or Ziploc bag and mix well. Close tightly or seal bag and do not open for 24 hours. *Sabie Phillips*

Out of ginger ale? Mix equal parts of Coke and 7-Up.

BBQ PECANS

2 T. margarine
1/4 c. Worcestershire sauce
Salt, to taste
1 T. ketchup
2 dashes hot sauce
1 lb. pecans

Melt margarine in large saucepan; add Worcestershire, ketchup and hot sauce. Stir in nuts and spoon onto glass baking dish, spreading evenly. Toast at 400° about 20 minutes, stirring frequently. Turn out on absorbent towels and sprinkle with salt. *Effie Haber*

DATE NUT BALLS

1 c. sugar
2 sticks butter, melted
1 (8 oz.) box chopped dates
1 tsp. vanilla
2 c. Rice Krispies
Powdered sugar

Mix sugar, butter and dates in a saucepan and cook slowly for about 10 minutes. Add vanilla and Rice Krispies and mix well. Let cool enough to handle; then form into small balls and roll in powdered sugar. *Effie Haber*

SPICED PECANS

1/2 c. sugar
1/8 tsp. cloves
1 c. pecans
1 T. cinnamon
1/8 tsp. nutmeg
1 egg white, slightly beaten

Combine sugar, cinnamon, cloves and nutmeg. Add 1 cup pecans to the slightly beaten egg white. Rub pecans between fingers to coat evenly. Drop pecans into sugar mixture to coat lightly. Place on buttered cookie sheet and heat 30 minutes in 300° oven.

A Covenant Village Resident

When you have a little extra time, make up French toast. Cook, wrap and freeze the toast. To serve, reheat and serve with one of the following: cottage cheese, butter flavored with frozen concentrated orange juice, or nutmeg or cinnamon.

PERLEY POT

1 can artichoke hearts, quartered *or* 1 pkg. frozen, cooked
1 can pitted black olives
1/2 lb. baby carrots
1 lb. sm. mushroom caps
1 sm. jar salad *or* cherry peppers
1 med. onion, cut in rings
2 c. short celery sticks
1 lg. bottle Italian salad dressing

Place all in large glass jar. Marinate overnight. Serve with toothpicks and saltine crackers. *Nancy Holliman*

FRIED DILL PICKLES

8 whole dill pickles
1/4 c. beer
1 1/4 T. cayenne pepper
1/2 tsp. salt
3 dashes hot pepper sauce
1/2 c. flour
1 1/4 T. paprika
1 1/4 T. black pepper
2 tsp. garlic salt

Slice pickles as thick as a silver dollar (if you are fortunate enough to have one!). Mix together the remaining ingredients to form a batter. Dip pickles into batter and quickly fry in grease at 375° until pickles float to top about 4 minutes. Drain well.

A Covenant Village Resident

PIMENTO CHEESE SPREAD

1 lb. mild Cheddar cheese, grated
2 sm. jars pimento, chopped
1/2 c. sweet pickles, grated
1 egg, hard-boiled *and* grated
Salt *and* pepper, to taste
Mayonnaise (to mix)

Mix all ingredients together well and pour into a covered container. This will keep for a week in refrigerator. *Effie Haber*

To get more juice from a lemon before squeezing, soak it in cold water. Hot water will produce even more juice, but the lemon will be inferior in taste and nutrients.

PICKLED PIMENTOS

Chop pimentos fine. Add minced green onions and green peppers. Combine vinegar and oil together. These quantities are all to taste and you might want to add some salt and pepper. This is a pretty accompaniment to an otherwise dull plate and is good, too.

A Covenant Village Resident

SHRIMP BUTTER

1 pkg. (8 oz.) frozen popcorn shrimp, thawed, drained *and* patted dry
1 pkg. (8 oz.) cream cheese (at room temperature)
1 stick butter (at room temperature)
1/2 tsp. garlic powder
1 tsp. lemon juice
1 tsp. dried dill weed
1/2 tsp. salt
1/8 tsp. cayenne pepper *or* dash of Tabasco sauce

Grind shrimp to paste in food processor using knife blade. Change to paddle blade. Add other ingredients and beat until very light. Refrigerate 24 hours. Allow to come to room temperature before serving. Serve with water wafers or other low flavored crackers.

Nancy Holliman

SLANG JANG

1 2/3 c. chopped ripe tomatoes *or* 1 can diced tomatoes
1 c. chopped bell pepper
2 c. chopped onion
2 cloves garlic *or* equivalent
1 jalapeño pepper, minced
2 *to* 4 T. olive oil
1/4 *to* 1/2 c. red wine vinegar *or* 2 *to* 4 T. fresh lime juice
2 *to* 4 T. sugar *or* to taste
1 tsp. salt

Chop pepper and onions coarsely in food processor. Add garlic and olive oil. Stir well to coat vegetables. Add other ingredients. Stir well and refrigerate at least 4 hours. Taste and correct seasonings. You may like it hotter, sweeter, or want to add more oil. Serve as salsa dip with tortilla chips or as a condiment with a meat. *Nancy Holliman*

SWEET AND SOUR MEATBALLS

MEATBALLS:

1 c. oatmeal (quick cooking)
1/2 tsp. onion powder
1 T. soy sauce
1 sm. can water chestnuts
1/3 c. milk
1 tsp. garlic salt
1/2 tsp. Tabasco
1 lb. ground beef

Soak oatmeal in milk. Squeeze out excess liquid. Add to ground beef. Add seasonings. Drain water chestnuts and *mince fine*. Add to the meat and mix thoroughly. Shape into small balls (bite-size). Brown in oven 350° for 20 minutes; do not turn. Serve with Sweet-n-Sour Sauce.

SWEET-N-SOUR SAUCE:

1 (13 1/2 oz.) can pineapple chunks
1/2 c. vinegar
2 T. soy sauce
1 c. green pepper, chopped coarsely
2 T. cornstarch
1/2 c. brown sugar
2 T. lemon juice
1 T. pimento, chopped (optional)

Drain pineapple chunks; reserve syrup. Measure syrup and add water to make 1 cup liquid. Blend together pineapple liquid and cornstarch until smooth. Stir in vinegar, brown sugar, lemon juice, soy sauce. Cook until thickened and clear. Add pineapple, green pepper and pimento; mix well. Cover and simmer over low heat 15 minutes. Add meatballs and serve warm. Use wooden picks.

A Covenant Village Resident

SHRIMP SPREAD

Whip 3 tablespoons mayonnaise and 1 (8 ounce) package cream cheese together. Add 1/4 cup chopped onion, 1/4 cup chopped celery and 1/4 cup chopped bell pepper. When well-blended, add 1 small can of drained shrimp and 1 tablespoon lemon juice. Serve with crackers.

A Covenant Village Resident

Instead of fat to sauté, use 1 tablespoon broth, vermouth or water.

SOUR CREAM PAPRIKA

1/4 c. cider vinegar
1/8 tsp. ground black pepper
1/2 tsp. instant onion, minced
1/4 tsp. instant garlic, minced
1/2 *to* 3/4 c. salad *or* olive oil
3/4 tsp. salt
1 tsp. paprika
1 c. sour cream
1/3 c. ketchup

Combine vinegar, salt, black pepper, paprika, onion and garlic. Gradually beat in oil with electric beater or blender. Gradually stir in sour cream and ketchup. Beat until smooth. (Flavors blend better if allowed to stand in refrigerator 24 hours.) **Serve with celery, carrot sticks, yellow squash, cauliflower. *A Covenant Village Resident*

SPINACH DIP

1 c. mayonnaise
1 c. sour cream
1 pkg. Knorr leek soup
2 pkgs. chopped spinach, thawed *and* drained
2 cans water chestnuts
2 bunches green onions
Tabasco, to taste

Combine all ingredients. Refrigerate at least 6 hours, if possible. Take a round loaf of bread, slice the top off and scoop out the bread. Cube the bread for "dipping", fill the resulting "bread bowl" with the dip and put the "lid" back on. *Peggy Collins*

SUGARED WALNUTS

Cook 1 1/2 cups sugar with 1/4 cup honey and 1/2 cup water to soft ball stage. Add 1/2 teaspoon vanilla and desired coloring. Stir in 2 cups English walnuts. Stir until creamy and thick. Pour onto waxed paper and separate with fork. *Lucile Marks*

Dip bananas, apples and avocados in lemon juice to prevent discoloring.

BEVERAGES

WORLD FAMOUS BLOODY MARY'S
(OR AT LEAST NORTH ALABAMA)

1 fifth *to* 1 qt. vodka
2 (46 oz.) cans V-8 *or* tomato juice
(if using tomato juice add 1 1/2 tsp. celery salt)
7 T. Worcestershire sauce
1 1/2 tsp. Tabasco sauce
3 oz. frozen *or* fresh lemon juice (not bottled)

Mix all ingredients 3 days ahead in gallon container. Refrigerate. Keeps well. Makes one gallon. *Nancy Holliman*

HOT SPICED APPLE CIDER

2/3 c. sugar
2 tsp. whole cloves
3 sticks cinnamon
Gal. apple cider
2 tsp. whole allspice

Combine ingredients. Bring to boil. Simmer 45 minutes. Refrigerate leftover. *Louise Hartzog*

EGG NOG

2 sm. pkgs. *or* 1 lg. instant French vanilla pudding mix
3 1/2 c. milk
1 (9 oz.) carton Cool Whip
Whiskey, to taste
Nutmeg

Add milk to pudding mix and beat well. As the mixture begins to thicken, stir in Cool Whip. Sprinkle nutmeg on top of each glass when served. (This will keep real well for several weeks in the refrigerator.) *Effie Haber*

Use a little olive oil to finish off sauces based on pureés made without fat. This provides a smoother consistency and more flavor.

COFFEE PUNCH

2 qts. strong coffee
Add:
1/2 c. sugar *and* cool
Add:
1 tsp. almond flavoring
1 tsp. vanilla flavoring

Pour over 2 pints vanilla ice cream which has been cut into small pieces. Fold in 1 pint whipped cream. Serves 20. ***Lucile Marks***

PUNCH

2 cans pineapple juice, unsweetened
6 pkgs. pink lemonade
6 c. sugar
2 liters ginger ale
2 liters of hot water

Mix ingredients together. ***A Covenant Village Resident***

ALMOND TEA

2 T. instant tea (Lipton sweetened)
2 c. water

Mix together in 1 gallon pitcher.

2 c. boiling water
1 1/2 c. sugar (1 1/4 c. better *or* try 1 c.)

Mix, dissolve and cool.

Mix all of the above and add the following:

2 qts. cold water
1 (12 oz.) can frozen lemonade, thawed
3 tsp. almond extract
3 tsp. vanilla extract

Stir well before each serving. ***Julie Lawson***

Little twists of lemon peel frozen into ice cubes make tall drinks interesting.

Cranberry Tea

3 c. sugar
1 lb. cranberries
1 c. lemon juice
5 c. pineapple juice
3 qts. strong tea, sweetened
Red food coloring

Cover cranberries with water and cook until they pop, about 30 to 45 minutes. Strain and add all other ingredients plus a little red food coloring. Serve hot or cold. Good on cold days. *Effie Haber*

Tea Punch

Brew 6 tea bags.

Add the following ingredients to tea:

1 lg. can frozen lemonade, thawed
1 sm. can frozen limeade, thawed
1 c. sugar

Add enough water to make 1 gallon. Serve cold. *Effie Haber*

Russian Tea

1 stick cinnamon
4 tsp. tea
1 lemon, squeezed
Sugar
1/4 tsp. whole cloves
6 c. water
2 oranges, squeezed

Tie cinnamon and cloves in bag and bring to a boil in the water. Reduce heat and let simmer 10 minutes before adding tea. Remove from heat, cover and steep 5 minutes. Strain. Then add juice from lemon and oranges. Sweeten to taste.

A Covenant Village Resident

Cheese and fruit tasting is an easy, conversation-making way to entertain friends before dinner. Season varieties of fruits include peaches, nectarines, sweet cherries, figs, grapes, apricots, pineapple, strawberries, plums and melons. Or try fruits such as papaya and mangos. Dried fruits such as prunes and raisins also team nicely with cheese and fresh fruits.

SPICED TEA

Boil together 2 quarts water and 1 1/2 cups sugar.

Add:

1 (12 oz.) can frozen orange juice
1 (46 oz.) can pineapple juice
1 lg. family size tea bag
3 *to* 4 whole cinnamon sticks
3 orange juice cans water
4 oz. lemon juice
1 tsp. cloves

Bring to a boil. Add 1 to 2 more cups water. Refrigerate. Heat again before drinking.

Louise Hartzog

SCUPPERNONG WINE

Measure into a gallon jar:

1 qt. *or* a little more scuppernongs, crushed
2 lbs. sugar
1 pkg. yeast

Finish filling gallon jar with water up to about 2 inches from top. Cover jar with cloth and set aside to ferment for 12 to 14 days. Stir once or twice the first few days. After fermenting stops, strain or siphon carefully. Set aside to settle and siphon again. Chill and serve.

Effie Haber

You can use frozen dough to make flaky crusts for appetizers. Thaw, cut into desired shapes, put in filling, brush with butter, bake 10 to 15 minutes at 375°. Fillings can be chopped up chicken, roast beef, or any cooked seafood; or any cooked vegetables such as mushrooms, broccoli, cauliflower.

SPICED WINE

1 (3 inch) cinnamon stick, broken into bits
1 sm. piece ginger root
1/2 c. raisins
1 c. gin *or* vodka
1/2 c. blanched whole almonds (optional)
1 tsp. whole cloves
1/2 c. sugar
1 c. water
3 c. dry red wine

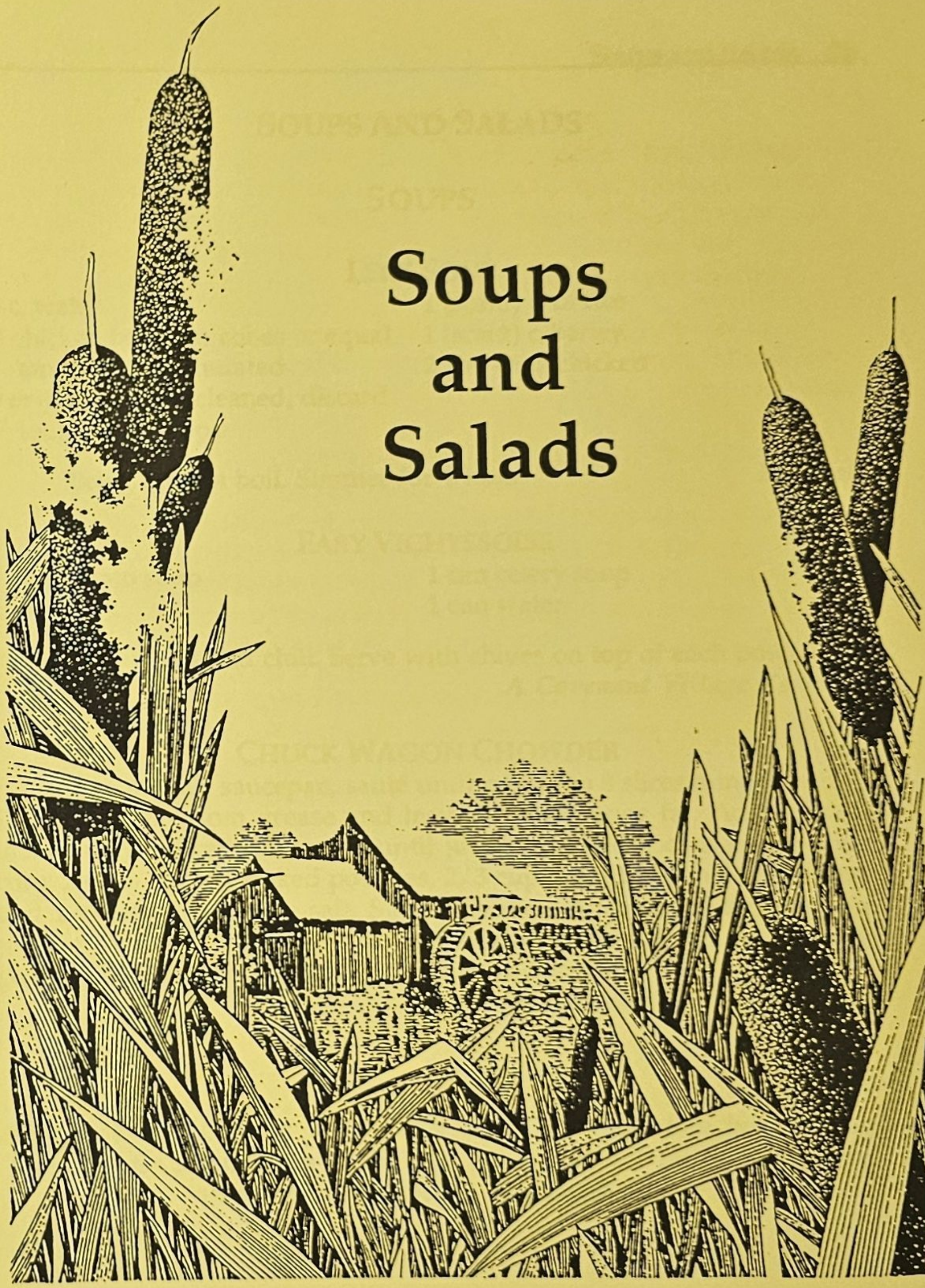
Tie spices in a 5 inch square square double-thick cheese cloth. Place in heavy saucepan with sugar, raisins and water. Cover and cook over low heat for 10 minutes. Add wine. Heat uncovered on low heat (do not boil) about 30 minutes or until the mixture has a good spicy flavor.

Remove spice bag (may be used again). Add almonds. Serve hot in punch cups with demitasse spoons for eating raisins and almonds. Makes 4 cups. Recipe may be doubled and leftovers reheated.

Effie Haber

§ § § § §

Soups and Salads



SOUPS AND SALADS

SOUPS

LEEK SOUP

8 c. water
8 chicken bouillon cubes *or* equal amount of granulated
3 *or* 4 leeks, well-cleaned, discard tough green tops
1 (scant) c. of rice
1 (scant) c. barley
2 sm. cans chicken

Bring all to a boil. Simmer for 1 hour.

Lib Trail

EASY VICHYSSOISE

1 can potato soup
1 can milk
1 can celery soup
1 can water

Blend well and chill. Serve with chives on top of each bowl.

A Covenant Village Resident

CHUCK WAGON CHOWDER

In a 4 quart saucepan, sauté until crisp 6 to 8 slices minced bacon. Remove bacon from grease and leave 4 tablespoons fat. Add 1 small onion, thinly sliced and sauté until just limp. Add 2 cans cream-style corn, 2 cups cubed, cooked potatoes, 2/3 cup milk, 1 2/3 cups hot water and 1/4 teaspoon garlic salt. Simmer until hot, about 15 minutes. At serving time add 1 to 1 1/2 cups Swiss or American cheese, cut in small pieces. Garnish with parsley or pimento, if desired.

A Covenant Village Resident

Did you know? Cooking in cast iron definitely boosts iron intake. Soup simmered for a few hours in an iron pot has almost thirty times more iron than soup cooked in another pan.

Camp Stew

1 lb. ground beef
2 cans cream-style corn
2 cans boned chicken
1 bottle "hot" ketchup
2 T. Worcestershire sauce
1 lg. onion
2 cans stewed tomatoes
1 can barbeque pork
2 T. lemon juice

Brown meat; drain. Mix ground beef with other ingredients and pour into crockpot. Add salt and pepper to taste. Cook on slow for 6 to 8 hours or simmer for 2 hours in stew pot. *Elsie Clemons*

Taco Soup
(This Is Wonderful!)

1 lb. ground chuck
1 can Rotel tomatoes, undrained
1 jar of med. El Paso taco sauce
1 can kidney beans, drained
1 can corn, drained
1 pkg. taco seasoning
1 med. onion, diced
1 can stewed tomatoes, undrained
1 can black beans, drained
1 can pinto beans, drained

Brown ground chuck and onions and pour off all grease. Mix in remaining ingredients and cook until thoroughly heated.

Can be topped with grated cheese, green onions or sour cream and serve with Fritos! *Elsie Clemons*

Whole Meal Soup

6 c. water
1 can tomatoes
1 sm. onion, diced
1 carrot, sliced
Handful barley
6 chicken bouillon cubes
1 can chicken
1 sm. potato, diced
Handful of spaghetti, broken
Handful rice

Let water boil. Add bouillon cubes. Add remaining ingredients. Simmer until vegetables are done about 30 minutes. An excellent meal with a garden salad and hard rolls. *A Covenant Village Resident*

SAVORY SPLIT PEA SOUP

1 lb. quick-cooked dried split green peas (2 1/4 c.)
3 fresh pork hocks (3/4 lb. each) *or* leftover ham bone
2 stalks celery
4 green onions
1/4 lb. salt pork, chopped
1/8 tsp. dried rosemary leaves
1 Kielbasa (about 3/4 lb.)
2 med. onions
2 parsley sprigs
2 tsp. salt
1 bay leaf

CROUTONS:

2 slices white bread
2 T. butter *or* margarine

In colander, rinse peas under cold water; drain. Wipe pork hocks with damp paper towels. In 8 quart kettle, combine peas, hocks and 2 1/2 quarts water; bring to boil. Reduce heat; simmer, covered, 45 minutes. Wash celery; slice diagonally 1/4 inch thick. Peel onions; cut in half; slice thinly. Chop green onions and parsley. In medium skillet, sauté salt pork over medium heat, stirring, until crisp -- about 3 minutes. Add celery, onion and green onion; sauté, stirring, until the onion is golden -- about 5 minutes.

To peas and pork hocks, add sautéed salt-pork mixture, the parsley, salt, rosemary and bay leaf; mix well with long-handled wooden spoon. Bring to boiling. Reduce heat, and simmer, covered, 2 hours or until hocks are fork-tender. Remove from heat. With slotted spoon, remove pork hocks to shallow pan; cool. Remove skin and excess fat from hocks. Remove meat from bones, or leave whole, as desired. Skim fat from soup.

Wash Kielbasa. Slash at 1 inch intervals about a fourth of the way through. Add to soup with whole pork hocks or meat. Add a little water if soup seems too thick. Bring to boiling; reduce heat, and simmer, covered, 30 to 40 minutes. Meanwhile, make croutons: cut bread slices into 1/4 inch strips; then cut crosswise into 1/4 inch cubes. In hot butter, in small skillet, over medium heat, sauté bread cubes until golden. Turn soup into a heated tureen; garnish top with croutons. To serve Kielbasa, remove from soup; cut into slices. Add to each serving of soup. Makes 2 1/2 quarts; 8 servings. *Peggy Collins*

CREOLE GUMBO

2 T. oil *or* butter
2 onions, chopped
1/2 green pepper, chopped
2 stalks celery, chopped
1 bay leaf
1 c. okra (fresh, frozen *or* canned)
6 c. stock *or* chicken broth
1 c. tomatoes *and* 1 c. oysters (optional)
1 T. whole wheat flour
2 *to* 6 cloves garlic, pressed
1 sm. jar pimentos
1 tsp. red pepper *or* 6 drops Tabasco
1/4 tsp. ground cloves *or* coriander

Make a roux of the fat and flour. Add the onions and cook until soft. Add the garlic, green pepper, pimentos and celery. Sauté a few seconds. Add all the other ingredients. Cover and simmer two hours, stirring occasionally. Toward the end, mash the okra to thicken the stock, which should be the consistency of very heavy cream. If necessary cook it longer.

Add 2 cups of your main ingredient, which can be cooked chicken or turkey, seafood (shrimp, crab, oysters) or a combination. A half cup of uncooked, diagonally sliced okra can be added if more body is needed. Simmer 5 to 10 minutes more. Serve in flat soup plates with an island of cooked brown rice in the center. (See Vegetables and Fruits section for recipe for brown rice.) *Peggy Collins*

SALADS

ORANGE CROWN SALAD

3/4 c. orange juice
1 c. cottage cheese
3/4 c. celery, finely chopped (optional)
1/2 c. Cheddar cheese, shredded
2 T. lemon juice
1 pkg. (3 oz.) orange gelatin
1 c. sour cream

Heat orange juice to boiling point, pour over gelatin in small mixing bowl and stir until dissolved. Chill until consistency of unbeaten egg whites. Beat gelatin mixture for 5 minutes. Fold in cottage cheese, sour cream, celery, Cheddar cheese and lemon juice. Turn into mold. Chill until firm. *Jane Quenelle*

GRAPEFRUIT SALAD

Melt 3 tablespoons Knox gelatin in 1/2 cup cold water. Set aside. Dissolve 1 cup sugar in 1 cup boiling water. Add gelatin. Add 3 cups grapefruit sections and 1 cup grapefruit juice. Put half of this in bottom of mold. Refrigerate to congeal. Soften one small package of cream cheese (or large) with 2 tablespoons milk. Add 1/2 cup chopped nuts. Spread cheese mixture over congealed bottom layer. Add last half of gelatin mix. Arrange sections attractively. Refrigerate. *Jane Quenelle*

SEVEN LAYER SALAD

In a large glass bowl place 1/2 head lettuce which has been chopped. Then layer with the following ingredients: a can of LeSeur drained English peas, 1 sliced purple onion in rings, 1 sliced bell pepper, 3 stalks of chopped celery. Add a layer of shredded mild Cheddar cheese. Add 1 bottle of bacon bits and pour 1 large bottle of Hidden Valley dressing over all. Let stand overnight.

A Covenant Resident

ORANGE SPINACH SALAD

Tear spinach leaves into pieces. Add 1 can mandarin oranges, drained. Add finely chopped green onions to taste. Mix well with sweet and sour sauce. At serving time add a good handful of toasted slivered almonds.

SAUCE:

Combine orange juice, lemon juice and sugar to taste. ***Lib Trail***

Thickeners for soups can be either flour or cornstarch. It is a good idea to add the thickener with the pan off the heat to avoid the danger of lumping. Flour is good for soups to be served hot. Cornstarch is better for cold soups.

CUCUMBER SALAD

2 cucumbers, peeled *and* sliced
Juice of 1 lemon
1/2 tsp. salt
BLUE CHEESE-CELERY DRESSING:
3 T. blue cheese
6 T. plain yogurt
3 T. cottage cheese
2 T. mayonnaise
1 egg white (room temperature)
1 T. sour cream
Fresh dill, cut into tiny sprigs
1/4 tsp. dried dill weed
1/4 tsp. chopped garlic
2 T. finely chopped celery

Combine cucumber, lemon juice and salt. Set in refrigerator for several hours, then drain away juice. When ready to serve, beat egg white, stiff but not dry. Fold in sour cream. Place cucumber slices on salad plates, top with dressing and dill sprigs.

DRESSING:

Combine all ingredients except celery in blender or food processor. Mix 1 minute. Fold in celery by hand. Refrigerate. Serve over cucumbers. Both dressings are low in calories compared to most. Serves 4 to 6. ***Claudia Manley***

CRANBERRY SALAD

1 lg. can Ocean Spray whole berry cranberry sauce
1/2 lemon
1 (8 oz.) container whipping cream
6 T. sugar
1/2 c. *or* a little less Hellmann's mayonnaise
1 tsp. vanilla extract
1/2 c. finely chopped pecans

Stir lemon juice into cranberry sauce. Spread evenly into clear crystal bowl. Mix beaten whipped cream to which the sugar has been added. Combine cream with mayonnaise and add vanilla. Spread on top of cranberry sauce. Sprinkle and press finely chopped pecans into top of creamed mixture. Cover and freeze. Approximately ten minutes before serving, remove from freezer to table. Excellent with poultry and corn bread dressing for Thanksgiving and Christmas. ***Daisy Elliott***

SPINACH SALAD

Fresh spinach
2 boiled eggs
1 c. sliced, fresh mushrooms
1/2 c. chopped green onions
1/2 c. sliced radishes
Tomato wedges
5 strips bacon
Oil *and* vinegar dressing

Wash and stem spinach. Clean all other vegetables and prepare for salad. Fry bacon and crumble. Toss all ingredients in salad bowl, except eggs and tomatoes. Slice eggs and wedge tomatoes. Arrange eggs and tomatoes on top of salad. Pour oil and vinegar over all, sparingly.

Peggy Collins

STRAWBERRY PRETZEL SALAD

2 3/4 c. crushed pretzels
1 1/2 tsp. melted margarine
3 T. sugar

Mix and press into 13 x 9 inch pan. Bake at 350° for 10 minutes. Cool.

1 (8 oz.) pkg. softened cream cheese
Sm. Cool Whip
1 tsp. sugar

Whip cream cheese and sugar. Add Cool Whip. Put on cooled crust.

1 (6 oz.) pkg. strawberry Jell-O
2 (10 1/2 oz. each) boxes frozen strawberries
2 c. boiling water

Mix and let partially set. Pour over top of cheese mixture and refrigerate until set.

Teri Hoyt

CRISP SUMMER SALAD

1 pkg. lemon *or* lime Jell-O
1 pt. warm water
1 T. vinegar
1 tsp. salt
1 c. diced cucumber
1 c. thinly sliced radishes
1 c. sliced young onions

Dissolve Jell-O in warm water. Add vinegar and salt. Chill until partly congealed. Fold in vegetables. Pour into mold and chill.

Charles Clemons

COLD BEAN SALAD

1 can French-style green beans, drained
1 can green beans, drained
1 can corn, whole, yellow niblet, drained
1 sm. can LeSeuer peas, drained
1 can pimento, chopped
1/2 c. celery, chopped
1/4 c. bell pepper, chopped

Mix 1 cup sugar, a dash of Worcestershire sauce, 3/4 cup Heinz vinegar, 1/4 cup salad oil, 1 teaspoon salt, 1 tablespoon celery seed. Heat. When cool pour over vegetables. *Evelyn Garrett*

HOUR SLAW

1 sm. cabbage, shredded fine
1 green pepper, chopped
1 med. onion, chopped
1 c. celery, finely diced
1/2 c. vinegar
1 tsp. celery seed
1/2 tsp. salt
1 1/4 c. sugar
1 tsp. mustard seed

Combine cabbage, green peppers, onion and celery. Cook vinegar, sugar and seasonings. Pour over cabbage mixture. Place in airtight bowl. Will keep for 3 weeks. *Vivian Carroll*

BROCCOLI SALAD

1 bunch *or* more broccoli (may use cauliflower)
1 lb. fried bacon, crumbled
1 c. raisins
1 c. cashews *or* 1 pkg. sunflower kernels
1 sm. sweet onion, purple onion *or* spring onions

Cut only flowerets of broccoli. Mix dressing: 1 1/4 cups mayonnaise, 2 tablespoons sugar, 1 1/2 teaspoons vinegar.

Put flowerets, raisins and onion in container and pour dressing over to marinate overnight. Before serving, add cashews and bacon. Toss and serve. *Nancy Dyer*

Most important of all, remember that hot soups should be served HOT *and cold soups* COLD *- none benefit from being served lukewarm.*

MARINATED CARROTS

1 (24 oz.) pkg. frozen carrot rounds
1 green pepper
2 sm. red onions
1 can tomato soup
1 c. vinegar
1 c. Wesson *or* Mazola oil
2 c. sugar

Cook carrots according to directions. Do not overcook. Drain. Cut pepper and onions into rings. Mix and stir in tomato soup, vinegar and oil into sugar until it dissolves. This keeps in refrigerator 3 or 4 weeks. Can be served as a vegetable or cold as a salad. May be served over a tossed salad. *Mary Lou duBell*

ZESTY TOMATO ASPIC

2 pkgs. lemon Jell-O (3 oz. each)
2 1/2 c. water
2 sm. cans Hunt's tomato sauce (8 oz. each)
3 T. vinegar
1 1/2 T. hot horseradish
2 T. onion, finely chopped *or* 1/2 green pepper, finely chopped
4 T. onion juice
Dash black pepper
3/4 c. celery, finely chopped
1 tsp. salt

Dissolve Jell-O in boiling water. To this, add heated tomato sauce, vinegar, horseradish, onion, green pepper, celery, salt and black pepper. Rub salad oil into a large oblong casserole dish or individual molds and fill. A little marinated shrimp (marinated in vinegar and oil) is a good addition. *Mary Lou duBell*

PINK CREAM CHEESE SALAD

1 can tomato soup
2 (3 oz. each) pkgs. cream cheese
2 T. plain gelatin (2 envelopes)
1/2 c. bell pepper, chopped
1/2 c. cold water
1/4 c. chopped onion
1 c. mayonnaise
1/2 c. celery

Dissolve gelatin in cold water. Bring soup to a boil, add gelatin and cheese. Stir until smooth. Add mayonnaise and chopped vegetables. Chill until firm. Garnish with olives and serve on crisp lettuce.
Elsie Clemons

PINEAPPLE DATE SALAD

1 pkg. lemon Jell-O
1 c. boiling water
3/4 can pineapple juice
1 c. seedless dates, quartered
Chopped nuts (optional)
Can of fruit cocktail (for color, optional)
3 T. vinegar
1/2 tsp. salt
1 c. diced pineapple

Dissolve Jell-O in boiling water. Add pineapple juice, vinegar and salt. Chill. When slightly thickened fold in pineapple, dates and nuts. Put in molds. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. This is real good when served with ham.

Grace Jackson

HOT CHICKEN SALAD CASSEROLE

4 c. cold chicken, diced
3/4 c. mayonnaise
4 hard-boiled eggs, sliced
3/4 c. cream of chicken *or* mushroom soup
1 tsp. onion, chopped
1 sm. jar pimento
1 1/2 c. crushed potato chips
2 T. lemon juice
2 c. celery, chopped
1/2 tsp. Ac´cent
1 c. cheese, grated

Combine all ingredients except cheese and potato chips. Place in refrigerator overnight. Before serving, top with cheese and potato chips and bake at 350° for 30 to 40 minutes. Serves 8 plentifully. *USE LARGE OBLONG CASSEROLE DISH.*

Mary Lou duBell

SALAD DRESSINGS

THOUSAND ISLAND:

1 cup mayonnaise mixed with chili sauce, sweet relish and grated onion.

RUSSIAN DRESSING:

1 cup mayonnaise mixed with chili sauce, grated onion and French dressing.

ROQUEFORT DRESSING:

1 cup mayonnaise and one small wedge of Roquefort cheese. Cream together in mayonnaise. Add a few drops of Tabasco sauce or lemon juice.

Florence Rogers

MUSHROOM BACON SALAD

1 lb. fresh mushrooms, washed *and* patted dry with paper towel, sliced 1/8 inch through stems
3 green onions, sliced including tops to equal 1/4 c.

Put mushrooms and onions in bowl and pour the following dressing on them. Crumble 12 slices of crisp bacon, add 2/3 cup olive oil, 4 tablespoons lemon juice, 1 teaspoon Worcestershire sauce, 1/2 teaspoon salt, 1/8 teaspoon pepper and 1 teaspoon dry mustard. Mix gently with mushrooms and onions and refrigerate overnight.

Alice Jenkins

CURRIED CHICKEN SALAD

4 c. chicken, cooked *and* cubed
1 (8 oz.) can water chestnuts, sliced
1 lb. green seedless grapes, sliced
1/4 c. almonds, sliced
1 *to* 2 T. curry powder
Juice of 1 lemon
1 c. celery, sliced
1 c. mayonnaise
1 T. soy sauce

Mix all ingredients and refrigerate. Serve on lettuce leaves. Serves 6 to 8.

Evelyn Garrett

LAYERED CHRISTMAS RING

RED LAYER:

3 oz. pkg. strawberry gelatin
1 1/4 c. boiling water
1 (No. 2) can whole cranberry sauce

Dissolve gelatin in boiling water. Add cranberry sauce. Mix well. Chill until partly set. Pour into 8 cup ring mold and chill until firm.

CHEESE LAYER:

3 oz. pkg. lemon gelatin
8 oz. cream cheese, softened
1 1/2 c. boiling water
1/2 c. broken pecans
8 1/2 oz. can crushed pineapple, undrained

Dissolve gelatin, add cheese, pineapple with syrup. Chill. Stir in nuts. When almost set, pour over cranberry mold. Chill overnight.

Lois Howard

BLUEBERRY CONGEALED SALAD

1 sm. pkg. blackberry Jell-O
1 lg. can crushed pineapple
1 can blueberries

Drain pineapple and blueberries. Use juice and add water to make 2 cups and bring to a boil to dissolve Jell-O. Add fruit to liquid and place in long flat casserole. Put in refrigerator to chill. Add topping below:

8 oz. cream cheese
1 c. sour cream
1/2 c. sugar

Cream sugar and cream cheese. Add sour cream and mix well. Spread on blueberry mixture after it has congealed. Sprinkle chopped nuts on top. Best if made the day before. Serves at least 12.

Mary Lou duBell

BLUEBERRY SALAD

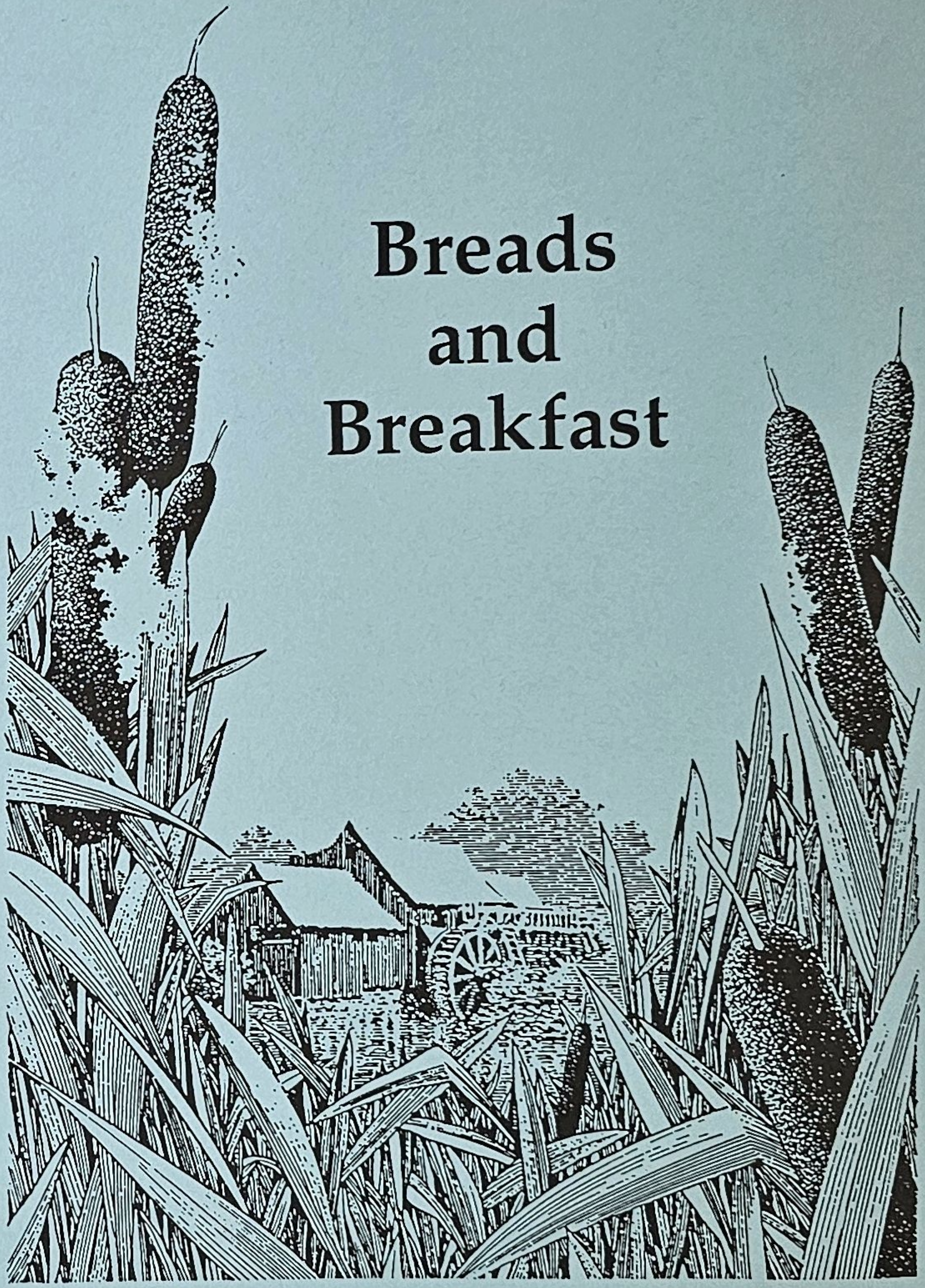
3 pkgs. grape Jell-O *or* black cherry *or* any dark cherry
2 c. hot water
1 can blueberry pie filling
1 can blueberries, drained
1 (No. 2) can crushed pineapple with juice
1 c. chopped pecans

Dissolve Jell-O in water and add rest of ingredients. Pour in large dish and chill for 30 to 35 minutes. Top with 8 ounces cream cheese, 1/2 cup sugar, 1 teaspoon vanilla and 1 cup sour cream which has been creamed together.

Nancy Dyer

§ § § § §

Breads and Breakfast



BREADS AND BREAKFASTS

BREADS

BANANA NUT BREAD

1 c. butter
2 c. sugar
4 eggs
1/4 tsp. salt
2 tsp. soda
4 c. flour
6 lg. ripe bananas
1 c. finely chopped nuts

Cream together butter and sugar. Add eggs one at a time, beating well after each addition. Sift together dry ingredients and add to butter mixture. Add bananas and nuts. Pour into two well-greased loaf pans and bake at 250° or 300° F. for about 2 hours.

A few of the nuts may be saved for sprinkling over the top of the loaf before baking.

Peggy Collins

APPLE COFFEE CAKE

1/2 c. shortening
1 tsp. vanilla
2 c. sifted all-purpose flour
1/4 tsp. soda
2 T. sour milk *or* buttermilk
1/4 c. nuts, chopped
1 c. sugar
2 eggs
1/4 tsp. salt
1 tsp. baking powder
1 c. apples, finely chopped

Cream shortening, sugar and vanilla until light and fluffy. Add eggs one at a time, beating well after each addition. Sift together flour, salt, soda and baking powder. Add flour mixture to creamed mixture alternately with milk and apples. Stir in nuts. Pour batter into 9 x 5 inch loaf pan (rubbed with shortening). Bake at 350° for 50 to 60 minutes. Cool. Remove from pan. This cake is good fresh or it may be wrapped in waxed paper, aluminum foil or a plastic bag for serving in two or three days.

A Covenant Village Resident

Eggs added to a yeast dough add flavor, color and nutrition. They soften the crust and give the interior a fine crumb.

Bran Fruit Muffins

1 c. all-purpose flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1/2 c. pecans, chopped
1 c. milk
1/4 c. vegetable oil
1/2 c. sugar
1/2 tsp. soda
1 c. mixed candied fruits, diced
1 1/4 c. Nabisco 100 Bran cereal
1 egg

Blend the flour, sugar, baking powder, soda and salt well. Stir in the fruit and nuts until well-coated with flour mixture. Stir together bran and milk until bran is moistened. Let stand 5 minutes. Add egg and oil, beating until blended. Add flour mixture, stirring just enough to combine. Do not overmix. Pour into muffin tins. Bake in preheated oven at 400° about 20 minutes. Makes 16 muffins. *Evelyn Garrett*

Orange Nut Bread

2 1/4 c. enriched flour, sifted
1/4 tsp. soda
3/4 c. sugar
2 T. melted shortening *or* salad oil
3/4 c. orange juice
2 1/4 tsp. baking powder
1/4 tsp. salt
3/4 c. nuts, chopped
1 egg, beaten
1 T. orange peel, grated

Sift dry ingredients into a large mixing bowl. Add nuts, melted shortening, egg, orange juice and grated peel. Stir until mixture is dampened, but not smooth (have shortening at room temperature so it won't separate from other ingredients). Pour into 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan. Bake at 350° for 55 minutes.

A Covenant Village Resident

Water or milk (whole, skimmed, evaporated or reconstituted non-fat dry) are most often used for breads. Water makes the crust crisp, while milk produces a soft crust and a creamy-white crumb. The liquid must be at the correct temperature, if it is too hot, it will kill the yeast; if it is too cold, the dough will take longer to rise.

POPPY SEED BREAD

3 c. flour
1 1/2 tsp. baking powder
1 1/2 c. milk
2 1/4 c. sugar
1 1/2 tsp. vanilla
1 1/2 tsp. salt
3 eggs
1 1/8 c. oil
1 1/2 T. poppy seed
1/2 tsp. butter flavoring

Beat all ingredients together for 2 minutes. Bake in 2 loaf pans which have been lightly greased for 1 hour at 350°.

While warm, glaze with:

1/2 tsp. butter flavoring
1/2 tsp. vanilla
3/4 c. powdered sugar
1/2 tsp. almond flavoring
1/2 c. orange juice

Mix well; pour over warm loaf.

Deana Van Horn

SPOON BREAD

2 c. milk, scalded
1 c. water ground cornmeal
4 egg yolks, beaten until light
4 egg whites, beaten stiff, not dry
1 tsp. salt
1/4 c. butter
1 tsp. baking powder
1 c. milk

Gradually stir cornmeal into scalded milk. Cook to mush stage with constant stirring. Remove from heat, add butter and stir to melt. Add milk, egg yolks and baking powder. Mix. Fold in egg whites. Pour into buttered casserole or iron Dutch oven. Bake at 350°. Serve at once.

Lib Trail

To test the vitality of yeast; just before using the yeast, mix some into one-quarter cup of lukewarm water that has been enriched with one-quarter teaspoon of sugar, the food for the yeast. If the yeast mixture does not start to bubble within five to ten minutes, your micro-organisms are dead or enervated and will not leaven your dough or batter.

MOST UNUSUAL SPOON BREAD

3/4 c. yellow cornmeal
2 c. shredded sharp Cheddar cheese
1/4 c. butter (room temperature)
1 1/2 c. cooked corn kernels (3 ears)
2 garlic cloves, minced
1/2 lb. bacon, fried, crumbled
4 stiffly beaten egg whites
1 1/2 c. cold water
1 c. milk
4 egg yolks
1/2 tsp. salt

Preheat oven to 325°. Grease 1 1/2 quart casserole. Combine cornmeal and water in 3 quart saucepan, bring to a boil over medium heat, stirring constantly, until thickened, about 1 minute. Remove from heat and stir in cheese, corn, butter, garlic and salt. When cheese is melted, blend in milk, egg yolks and bacon. Mix thoroughly. Carefully fold in egg whites and pour into prepared dish, smoothing top with a spatula. Bake 1 hour or until inserted knife in center comes out clean and dry. Serve hot in individual dishes. *Lib Trail*

ENGLISH WALNUT BREAD

3 c. all-purpose flour
4 T. baking powder
3/4 c. shortening
1 1/2 c. English walnuts, chopped coarsely
1 1/2 c. milk
1 c. granulated sugar
1 tsp. salt
1 egg, beaten
1 tsp. vanilla

Into mixing bowl sift flour with sugar, baking powder and salt. Cut in shortening. Stir in 1 1/4 cups of the walnuts. Add egg, milk and vanilla. Mix just until ingredients are blended. Turn into greased and floured 9 x 5 inch loaf pan. Sprinkle remaining 1/4 cup walnuts over top. Bake at 350° for 60 to 70 minutes or until loaf tests done. Let stand in pan 10 minutes. Turn out onto wire rack to cool. Makes one loaf.

Lady Smith

CARROT BREAD

2 c. flour, sifted
2 tsp. soda
2 tsp. cinnamon
1/2 tsp. salt
1 c. Wesson oil
1 c. raisins *or* 1/2 c. raisins *and*
1/2 c. grated coconut
2 c. carrots, grated
3 eggs
1 1/2 c. sugar
1/4 c. walnuts, chopped
1 tsp. vanilla extract

Sift together flour, soda, cinnamon and salt into a mixing bowl. Make a well in the mixture and add nuts, oil, vanilla, sugar, carrots and raisins or (raisins and coconut). Mix well. Add beaten eggs and mix well again. Pour into well-greased waxed paper lined 9 x 5 x 3 inch loaf pan. Let stand 20 minutes before baking. Bake in 350° oven for 1 hour. Cool thoroughly before slicing to prevent crumbling. This recipe is from the Waioli Tea Room in Honolulu. *'Cille Atkinson*

MONKEY BREAD

1/2 c. pecans, chopped (optional)
1 1/2 c. sugar
1 stick margarine
1 c. brown sugar
2 tsp. cinnamon
3 cans biscuits (10 each)

Cut biscuits into fourths, using scissors. Put cinnamon in a plastic bag. Toss biscuit pieces until well-coated. Layer biscuit pieces in well-greased Bundt pan. Sprinkle pecans between layers. Melt brown sugar and margarine together. Pour over contents of pan and bake 35 minutes at 350°. *Mabel Langford*

Many different kinds of fat (butter, margarine, shortening, salad oil or lard) can be added to bread dough to improve flavor and make the dough stretch more easily. The bread will have a tender crumb and stay soft longer.

STRAWBERRY BREAD

10 oz. pkg. strawberries, thawed
2 1/2 T. vegetable oil
1/2 c. pecans, chopped
1/2 tsp. salt
1 c. sugar
2 eggs, beaten
1 1/2 c. flour
1/2 tsp. baking soda
1 1/2 tsp. cinnamon

Mix together thawed, but undrained strawberries, beaten eggs, and oil. Sift dry ingredients into the strawberry mixture, reserving 1/4 cup flour. Stir nuts into reserved flour to keep them from sinking to the bottom. Mix ingredients together. Pour mixture into well-greased and lightly floured 9 x 5 inch loaf pan. Bake at 350° for 1 hour or until done.

Lib Trail

ZUCCHINI BREAD

Sift together 1 teaspoon salt, 1 teaspoon soda, 1 teaspoon cinnamon, 1/2 teaspoon baking powder. Mix together 2 eggs, 1 cup Mazola oil, 2 cups sugar, 1 teaspoon vanilla, 2 cups grated zucchini, 2 cups plain flour. Add 1/2 cup raisins and 1/2 cup chopped pecans. Combine all ingredients and pour into greased and floured loaf pan or muffin tins. Bake at 350° for 1 hour (loaf pan) or 25 to 30 minutes (muffin tins).

Genie Pruett

PUNKIN' BREAD

3 1/2 c. flour
1 1/2 tsp. salt
1 tsp. nutmeg
1 c. cooking oil
2/3 c. water
2 tsp. baking soda
1 tsp. cinnamon
3 c. sugar
4 eggs
2 c. canned pumpkin

Make a well in combined dry ingredients, add remaining ingredients and mix well. Pour into 3 greased and floured loaf pans and bake at 350° for 1 hour. Wrapped in foil, these keep for weeks in the refrigerator.

Mimi Gallagher

OLD VIRGINIA BATTER BREAD

2 c. water ground cornmeal
1 pt. milk
Lard (the size of a walnut)
2 tsp. salt
3 eggs

Melt lard in baking pan (450° oven). Add lard to mixture, pour into hot pan and bake about 30 minutes. Serve hot with butter.

Alice Jenkins

BACON AND ONION BATTER BREAD AND VEGETABLE DILL VARIATION

10 strips bacon
2 envelopes yeast
2 lg. eggs
1 envelope Cup-A-Soup onion mix
1/8 tsp. coarsely ground black pepper
2 1/4 c. warm water
2 T. sugar
5 c. all-purpose flour
2 tsp. salt

Fry bacon until crisp. Drain on paper towels and crumble. Reserve 2 tablespoons bacon fat. Meanwhile mix water and yeast in a 4 cup glass measure. Stir in sugar. Let stand about 10 minutes until foamy. Whisk in reserved bacon fat and eggs. Stir flour, onion soup mix, salt and pepper in large mixing bowl. Add yeast mixture and beat with electric mixer 5 minutes or until batter is smooth and glossy. Stir in crumbled bacon. Cover bowl and let batter rise in a warm, draft free place for 45 minutes or until batter has doubled. Lightly grease three 8 1/2 x 4 1/2 x 2 1/2 inch loaf pans. Beat batter briefly with a wooden spoon then divide equally among prepared pans. Cover with plastic wrap and let rise in a warm place 35 to 45 minutes, or just until 1 1/2 inches below tops of pans. Heat oven to 375°. Bake 30 to 35 minutes until golden brown. Turn out on a wire rack and let cool completely. Store airtight.

VARIATION:

Omit bacon, use 2 tablespoons olive oil instead of bacon fat. Use 1 envelope vegetable soup mix instead of onion soup mix and 1 tablespoon dried dill weed instead of pepper.

Anne Nusbaum

Cranberry Nut Bread

1 c. fresh cranberries
3 c. flour
1 tsp. salt
1 c. milk
1 egg, slightly beaten
1 1/4 c. sugar
4 1/2 tsp. baking powder
3 T. orange rind, grated
3 T. butter *or* margarine, melted
1/2 c. walnuts *or* pecans, chopped

Grind cranberries coarsely. Mix with 1/4 cup sugar. Set aside. Sift together 1 cup sugar, flour, baking powder and salt. Add orange rind. Blend in milk, butter, egg and nuts. Fold in sweetened cranberries and pour into greased 9 x 5 x 3 inch loaf pan. Bake at 350° for 1 hour. Remove from pan. Cool on rack. Slices best the second day. ***Lib Trail***

Paris Puffins

1/3 c. butter, soft
1/2 c. sugar
1 egg
1 1/2 c. flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. nutmeg
1/2 c. milk

Cream butter and sugar, add egg. Mix dry ingredients and add to rest. Add milk and mix. Bake in small greased muffin tins at 350° F. for 20 minutes. Roll in 1/3 cup melted butter and then in a mixture of 1/2 cup sugar and 1 teaspoon cinnamon. ***Kathy Snead***

Amish Friendship Bread

Amish Friendship Bread Starter:

2 c. flour
3 T. sugar
1 pkg. active dry yeast
1 tsp. salt
2 c. warm water (105° *to* 115° F.)

In a large bowl, mix flour, sugar, yeast and salt. Gradually stir in water, beating until smooth. Cover with a towel and let stand in a warm, dry, draft-free place and stir two to three times a day for three days or until starter is bubbly and produces a yeasty aroma.

The starter must be cared for and fed. After removing a portion of the starter for a recipe, add: 1 cup flour, 1 cup milk and 1/2 cup sugar. stir well and refrigerate as before.

Starter should not be used sooner than 24 hours after feeding and not stand longer than 14 days after feeding.

AMISH FRIENDSHIP BREAD

Start with one cup of starter. Always use a non-metal bowl and non-metal spoon. Do not refrigerate. Keep covered.

DAY 1, 2, AND 3:

Stir well and cover.

DAY 4:

Add one cup each milk, sugar and flour. Mix well and, if necessary, transfer to a larger bowl.

DAY 5, 6, 7 AND 8:

Stir well and cover.

DAY 9:

Add one cup each milk, sugar and flour; mix well.

DAY 10:

Place one cup batter in each of three glass or plastic containers with lids and give to three friends. Include recipes and directions. Day 10 becomes Day 1 for the starter you gave.

To remaining batter add the following:

1 c. sugar
3 eggs
2/3 c. oil
1 tsp. cinnamon
2 c. flour
1 1/4 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt

OPTIONAL:

Nutmeats, raisins, dried fruit, coconut, grated carrots, chocolate chips, chopped dates, fruit cocktail.

Mix well and pour into well-greased and sugared full-size loaf pans. Bake at 350° 45 to 50 minutes. Cool 10 minutes before removing from pan. If desired, glaze with powdered sugar icing.

When baking bread, if top browns too quickly, cover loosely with foil. To test for doneness - tap top of loaf lightly with your fingertips. If it sounds hollow and is well-browned on top, the bread is ready. Remove loaves from pans immediately so bottoms don't become soggy; cool on wire racks.

BREAKFASTS

FRIENDSHIP PANCAKES

1 c. starter
2 1/4 tsp. baking powder
1 egg
1/2 *to* 3/4 c. milk
1 c. flour
1/4 tsp. baking soda
1/4 tsp. salt
2 T. oil

Mix ingredients well and use one-fourth cup batter per pancake and bake on a griddle, turning once to brown both sides. ***Bernice Rubin***

AVOCADO SANDWICH

Mash 1 ripe avocado. Add minced onion, lemon juice, salt and cayenne pepper to taste. Mix well. Spread on sliced bread and crumble crisp bacon on top. ***Lib Trail***

HAM AND EGG SALAD SANDWICHES

2 c. ham, diced
2 T. ripe olives, chopped
3 T. butter, melted
1 tsp. onion, minced
Pinch tarragon
2 eggs, hard-boiled, finely chopped
3 T. cream (scant)
1 T. lemon juice
1/2 tsp. prepared mustard
Salt *and* pepper

Mix all ingredients and spread with mayonnaise on rye bread.
Lib Trail

FROZEN HAM SANDWICHES

1 1/2 lbs. butter
4 tsp. dry mustard
Swiss cheese slices
Wonton strips
4 T. instant onion
4 tsp. poppy seed
Ham slices

Combine ingredients except ham slices and cheese slices and spread generously on wonton strips which have been cut in half. Add a slice of Swiss cheese and a slice of ham. Roll each wrapper and wrap in foil and freeze. As needed put sandwich in oven, still in foil and bake at 400° for 35 minutes. Makes 24 to 36 sandwiches. ***Opal Alldredge***

CRABMEAT SANDWICHES I

1 can crabmeat
Dash lemon juice
1 hard-boiled egg, chopped
2 T. celery, chopped finely
Salt *and* pepper, to taste
Mayonnaise (to moisten)

Mix well.

A Covenant Village Resident

CRABMEAT SANDWICHES II

1 can crabmeat
2 T. celery, chopped finely
Mayonnaise (to moisten)
Dash Worcestershire sauce
2 T. dill pickle, chopped finely
Cheddar cheese slices

Spread on a bun, top with cheese. Broil 5 inches from heat to melt cheese.

A Covenant Village Resident

ARGYLE HOTEL ICEBOX ROLLS

2 yeast packets
1 c. shortening
7 c. flour
2 eggs
Lemon rind
Water
1/2 c. white sugar
2 c. water (lukewarm)
1 tsp. salt

Dissolve yeast packets in a little water. Add shortening and sugar in crock bowl. Pour over this lukewarm water. Add 3 cups flour. Mix well and add eggs, salt and the yeast. Mix and add a little lemon rind. Add 4 cups flour, working to smooth dough. Grease bowl and top of dough. Cover with waxed paper and plate. Keep in icebox for 1/2 day before using. Let rise 1 1/2 hours before baking. Do not knead this dough. Keeps almost a week. Bake at 400° for 15 to 20 minutes.

Lib Trail

Do not try to speed up the yeast in bread dough by increasing the amount of flour, sweetener or salt, or by adding ingredients. These will only make the bread heavier.

BISCUITS SUPREME

2 c. sifted enriched flour
1/2 tsp. salt
2 tsp. sugar
2/3 c. milk
4 tsp. baking powder
1 tsp. cream of tartar
1/2 c. shortening

Sift flour, baking powder, salt, cream of tartar and sugar. Cut in shortening until mixture resembles coarse crumbs. Add milk all at once; stir only until dough follows fork around bowl. Turn out on lightly floured surface. Knead gently 1 to 2 minutes. Pat or roll 1/2 inch thick. Cut with biscuit cutter. Bake on ungreased cookie sheet in very hot oven (450°) 10 to 12 minutes. Makes 16 medium biscuits.

A Covenant Village Resident

SAUSAGE BISCUITS

1 lb. lean Italian hot *or* herbed sausage
1 c. grated Cheddar cheese
Dash of Tabasco
3 c. Bisquick
Dash of onion salt

Combine ingredients in a large bowl. Shape into balls, and place on a cookie sheet. Bake at 400° F. for 12 to 15 minutes, or until sausage is cooked.

VARIATION:

Use 1 1/2 tablespoons finely minced onion, a dash of salt, and 1/2 teaspoon dried parsley in place of onion salt. *Claudia Manley*

OVERNIGHT COFFEE CAKE

3/4 c. chopped nuts
Pkg. frozen Parker House rolls
1 (3 3/4 oz.) butterscotch pudding
1/2 c. margarine
1/2 c. brown sugar
1 1/2 *to* 2 tsp. cinnamon

Grease Bundt pan. Sprinkle nuts in bottom. Arrange rolls evenly over the nuts. Sprinkle the dry pudding mix over the rolls. Mix the sugar, margarine and cinnamon and pour over the pudding. Put in a cold oven overnight. Remove in the morning. Preheat oven and bake at 350° for 25 minutes. *Nancy Dyer*

PANCAKES

1 c. flour
1 T. baking powder
1 c. milk
2 T. oil
1 T. sugar
1/2 tsp. salt
1 egg

Combine ingredients and drop by teaspoonsful onto hot griddle. Double oil for waffles. *Nancy Dyer*

BREAKFAST BRUNCH CAKE

1 pkg. yellow cake mix
1 tsp. vanilla
1 sm. pkg. instant vanilla pudding
1 tsp. butter flavoring
3/4 c. corn oil
3/4 c. water
4 eggs

GLAZE:

1 c. powdered sugar
1/2 tsp. butter flavoring
1/2 tsp. vanilla
1 T. milk

Mix together and set aside:

1/4 c. nuts, chopped
1/4 c. sugar
2 tsp. cinnamon

Grease and flour Bundt pan. Using a stick of margarine, grease sides and bottom of pan, flour and then sprinkle nuts around bottom of pan. Cut the rest of the butter in slices and put on top of nuts. Put cake mix in large bowl and add pudding mix and mix well. Add oil and water and mix well. Add eggs one at a time, and beat after each addition. Add the flavorings. Beat at high speed for 8 minutes. Pour 1/2 of batter in pan. Sprinkle with half sugar and cinnamon. Add the half of other batter. Sprinkle with balance of sugar and cinnamon. Bake at 350° for 40 to 45 minutes. Cool 8 minutes in pan. Remove and drizzle with glaze while warm. Can be frozen. *Grace Jackson*

To test the rising of yeast dough: the dough is doubled when two fingertips pressed 1/2 inch into it leaves dents that remain. If dents fill in quickly, let rise 15 minutes longer and test again.

NEW ORLEANS FRENCH TOAST

1 c. half *and* half
1 egg yolk
4 slices (1 1/4 inch) stale French bread
3 T. butter
1/2 tsp. cinnamon
2 eggs
2 T. sugar
1/2 tsp. vanilla
2 T. confectioners' sugar

In a large bowl combine half and half, eggs and yolk, beating well. Add sugar and vanilla. Dip slices of bread in mixture. Let soak for 2 minutes. Sauté in butter over moderately high heat 2 to 3 minutes on each side or until golden brown. Sprinkle with powdered sugar sifted with cinnamon. Two servings. ***A Covenant Village Resident***

OVEN FRENCH TOAST

2 eggs, slightly beaten
1/2 tsp. salt
1/2 tsp. almond extract
2 T. sugar
1 c. milk
12 slices enriched bread

Combine eggs, sugar, salt, milk and almond extract. Dip bread slices into mixture. Place slices on a well-greased cookie sheet and brown in 450° oven for 10 minutes. Turn toast and continue browning. Serve with whipped butter (recipe following), honey, or maple syrup. Yield 6 servings, 2 slices each. ***A Covenant Village Resident***

LIGHTEST WAFFLES

2 c. good biscuit mix
1/2 c. vegetable oil
1 egg
1 1/3 c. club soda (sm. bottle)

Mix all ingredients. The batter may be slightly lumpy. The batter leftover will not store. Make remainder into waffles and freeze. Can also be used for pancakes. ***Vivian Carroll***

All ingredients for bread making should be at room temperature. It's important to use the right size pan.

EGGS FOR THE "RUG RATS"

2 tsp. margarine
Soft butter spread
Salt *and* pepper, to taste
1 slice of favorite bread
1 egg

In a small fry pan, melt the margarine. Remove center of bread and spread edges with butter spread. Place bread ring in pan and break the egg into the center. Cook over low heat. Turn over to toast other side of bread and egg is cooked to desired firmness. Children love it! Serves 1.

A Covenant Village Resident

EGGS AND GRITS CASSEROLE

1 c. grits
4 c. water
2 egg yolks
2 egg whites, stiffly beaten
2 tsp. salt
1 tsp. paprika
2 dashes Tabasco sauce
Dash garlic powder

Cook grits in boiling salted water. Cool for a few minutes and add remaining ingredients. Stir well into grits. Bake at 325° for 45 minutes.

A Covenant Village Resident

CHEESE AND EGG BAKE

2 med. onions, chopped
Salt *and* pepper
4 slices Cheddar cheese
2 T. bread *or* cracker crumbs
3 T. margarine
4 eggs

Cook onions in margarine only until tender. Spread onions on a pie plate. Add salt and pepper to taste. Break eggs carefully over onions. Place a cheese slice over each egg. Sprinkle with bread crumbs. Bake, uncovered for 10 minutes in a 350° oven or until desired firmness. Serves two or four.

A Covenant Village Resident

If you roll out dough between 2 sheets of waxed paper, dab some water under the bottom sheet and it won't skid away.

EGGS BENEDICT

Prepare Hollandaise sauce from a package mix. Poach 4 eggs.

Split 4 English muffins, spread with butter. Toast lightly. Cook 4 slices Canadian bacon or ham. For each serving top a muffin half with bacon or ham. Top with a poached egg and then with sauce. Serve with remaining muffin slice.

Lib Trail

GOLDEN OMELET

Separate two eggs. Beat egg whites until stiff. Add 1/4 teaspoon salt to egg yolks and beat until light. Fold whites into yolk. Put 1 tablespoon margarine in iron skillet and heat. Add mixture and spread evenly. Cook 5 to 6 minutes to brown bottom. Place in oven under broiler for 1 to 2 minutes to dry top. Quickly spread grated cheese or diced ham on 1/2 omelet and fold over other half and serve.

Lucile Marks

SCRAMBLED EGGS

For each serving, beat 2 eggs slightly with 2 tablespoons milk, cream, or water for fluffiness. Add salt and pepper to taste. Into a medium skillet over medium heat, in 1 tablespoon butter, pour in the egg mixture. As this begins to set, lift gently with a spatula allowing uncooked mixture to run to edge of pan so that it will cook evenly. Do not stir.

VARIATIONS:

When eggs are partially cooked, add one of these: chopped parsley or chives; minced cooked ham; cooked sliced mushrooms; chopped tomato; shredded Cheddar or Swiss cheese.

A Covenant Village Resident

CHEESE GRITS

Prepare 1 cup grits according to package directions, stirring until it starts to thicken. Add 1 roll of garlic cheese and stir gently until the cheese melts and is completely mixed with the grits. If cheese rolls are not available, add the equivalent amount of cheese and 1 clove garlic, mashed.

A Covenant Village Resident

GRITS

If you have grits leftover, press into a tall straight glass. Cover and refrigerate overnight. For breakfast, slide grits out of glass, cut into 1/2 inch round slices and fry. Good with bacon and eggs. For a different shape, press into a square refrigerator dish with cover and cut into fingers.

A Covenant Village Resident

NASSAU GRITS

1 c. grits
1/2 lb. bacon
1 (14 1/2 oz.) can tomatoes *or*
3 med. tomatoes
1 bell pepper, chopped
1 (6 1/4 oz.) can chunk ham
1 onion, chopped

Cook grits according to package directions. Fry bacon. Drain. In reserved drippings brown onion and pepper. Add ham and tomatoes and cook down to mix with grits. Pour into greased 1 1/2 quart casserole. Top with crumbled bacon. Cook 30 to 45 minutes at 325°. Serves 6 to 8.

Lib Trail

BREAKFAST CASSEROLE

1 box seasoned croutons
4 eggs, beaten
1 can cream of mushroom soup, undiluted
1 (4 oz.) can mushrooms, drained
3/4 tsp. dry mustard
1 1/2 lbs. bulk sausage
2 1/4 c. milk
2 c. grated cheese

Spread croutons in a lightly greased 13 x 9 x 2 inch baking dish. Cook sausage until browned, stirring to crumble. Drain well on paper towels. Sprinkle sausage over croutons. Combine eggs, milk, soup, mushrooms and mustard. Mix well and pour over sausage. Cover and refrigerate at least 8 hours or overnight. Remove and let stand for 30 minutes. Bake uncovered at 325° for 50 to 55 minutes. Sprinkle with cheese and bake an additional 5 minutes. Serves 8 to 10.

Anne Nusbaum

COUNTRY GRITS AND SAUSAGE CASSEROLE

2 c. water
4 eggs, lightly beaten
1/2 tsp. dried whole thyme
1 1/2 lbs. mild bulk sausage, cooked, crumbled *and* drained
GARNISHES:
Tomato wedges *and* fresh parsley sprigs
3 1/2 c. (14 oz.) shredded extra sharp Cheddar cheese
1/2 c. quick cooking grits
1 c. milk
1/8 tsp. garlic powder

Bring water to a boil; stir in grits. Return to a boil; reduce heat to low and cook 4 minutes, stirring occasionally. Add cheese, stirring until melted. Combine eggs, milk, thyme and garlic powder; stir well. Gradually stir about one-fourth of hot grits mixture into egg mixture, add to remaining hot mixture, stirring constantly. Stir in sausage. Pour into a lightly greased 11 x 7 1/2 inch baking dish. Bake, uncovered, at 350° for 50 minutes or until set. Garnish, if desired. Serves 6 to 8.

Anne Nusbaum

A BREAKFAST CASSEROLE

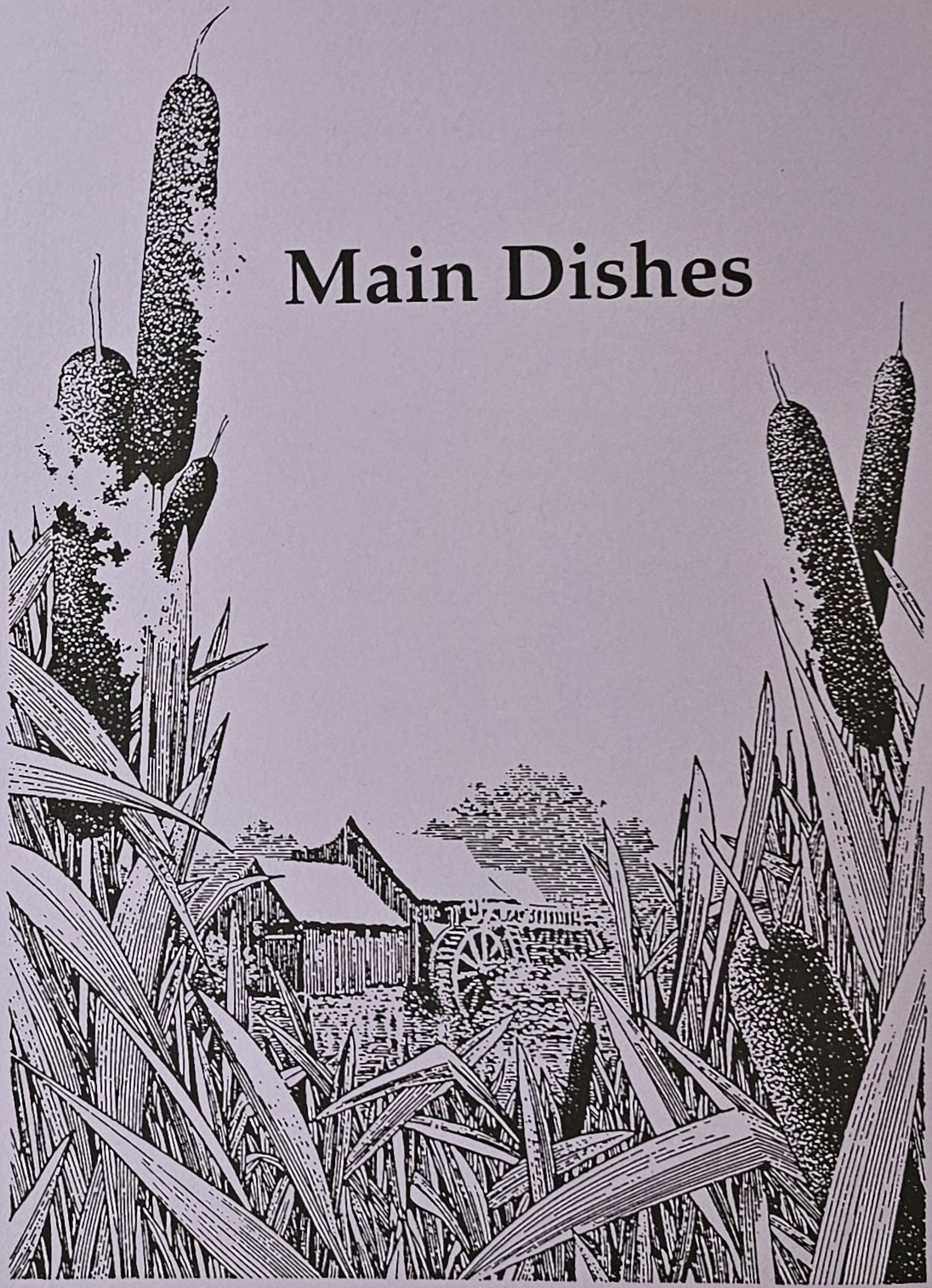
1 lb. sausage, cooked *and* well drained
8 oz. Cheddar cheese, grated
8 slices white bread, not thin, trim crusts
6 eggs, beaten
4 c. milk
1 tsp. dry mustard
1 tsp. Worcestershire sauce

Spray a 9 x 13 inch pan with Pam. Alternate bread and sausage and pour egg mixture over top. Top with cheese, cover and refrigerate overnight. Bake at 350° for 45 minutes to 1 hour until firm. Nice for brunch.

Genie Pruett

§ § § § §

Main Dishes



MAIN DISHES

BEEF TENDERLOIN

1/2 c. soy sauce
1 clove garlic, pressed
1 T. lemon juice
1 c. button *or* sliced fresh mushrooms
1/2 stick butter
6 slices beef tenderloin (1 inch thick)
1 tsp. sugar
1/2 tsp. Ac´cent

Combine soy sauce, sugar, garlic, Ac´cent, lemon juice and mushrooms and marinade beef slices for 1/2 hour, turning beef often. Dry beef slices well with paper towels. Heat 1/2 stick butter and when sizzling, sauté beef slices rapidly for 5 minutes on each side. Remove from pan to hot platter. Sauté mushrooms in additional butter, if necessary. Add remaining marinade. Heat until bubbling. Pour over beef. Sprinkle with cracked black pepper (no salt) and serve. ***Lady Smith***

TEXAS DELIGHT

1 lg. onion
1 lb. ground beef
Salt *and* pepper, to taste
1 can cream of tomato soup
1/2 lb. sharp cheese, grated
1 sm. can mushrooms
Oregano, Tabasco, thyme (as desired)
Chili powder
1 sm. pkg. wide noodles
1 can cream-style corn
1 can pitted ripe olives
1 can water

Brown onions and meat, adding salt to taste. Add soup, water and noodles and cook until tender. Add corn, olives, cheese and mushrooms. Place in casserole and sprinkle cheese on top. Sprinkle with chili powder. Bake. Serves 6 to 8. A delightful dish for a small party.

Florence Rogers

Marbled Beef, which has intermingling of fat with lean, indicates tenderness and rich flavor.

4TH OF JULY SPAGHETTI

1 lb. spaghetti (not vermicelli)
3 *to* 4 med. onions, chopped
1 clove garlic, mashed
2 *to* 3 med. bell peppers, chopped
1 lb. lean ground beef
Tabasco sauce, to taste (3 *or* 4 dashes)
Worcestershire sauce, to taste (about 3 T.)
1 can shoe peg corn, undrained
1 med. can tomatoes, not drained
1 can sliced mushrooms, not drained
1 lb. longhorn cheese, grated, divided

Break up and boil spaghetti in salted water until al dente. Brown onions and cook meat until white clear through in bacon grease. Add tomatoes, corn and mushrooms. Add spaghetti and sauces to taste. Add 3/4 of the cheese. Mix well. Pour into Pam-sprayed pan (13 x 9 x 2 inch). Cover lightly with foil and bake one hour at 350°. Uncover and add the other 1/4 pound of cheese on top. Bake uncovered until cheese melts. Serve hot with a green salad and garlic bread.

NOTE: Although the name is 4th of July Spaghetti, we have never prepared it on the 4th!

Lib Trail

TAMALE BAKE

1 pkg. frozen tamales
Cheddar cheese
1 jar picante sauce

Thaw frozen tamales. Place in baking dish and top with picante sauce and shredded cheese. Bake for 20 to 30 minutes at 350°.

Cathy McClure

PILAF

1 lb. ground beef
1 c. chopped celery
1 *or* 2 cloves garlic
1 lg. onion, chopped
1 can mushrooms *and* juice
1 green pepper
2 T. hot grease
1 (No. 2) can tomatoes
Salt *and* pepper, to taste
1 c. cooked rice

Brown meat in hot grease. Add chopped onion and green pepper. Brown the mixture and add chopped garlic, celery, tomatoes, rice and mushrooms with juice. Season mixture with salt and pepper and cover skillet tightly. Cook on high heat until mixture begins to steam. Remove cover and cook over moderate heat (350° to 400°) for one hour. This pilaf should serve 6 and may be prepared in advance. Remove from skillet and place in casserole in the refrigerator, then reheat later.

Nan Carter

FIESTA

1 1/2 lbs. ground chuck
1 pkg. taco seasoning
1 pkg. yellow rice
1/2 c. water
1 can Rotel tomatoes
1 pkg. taco chips
1 lb. Velveeta cheese

Brown beef, add taco seasoning and tomatoes. Cook yellow rice by package directions, shred cheese, save 1 cup for topping and 1/2 package taco chips. Mix everything else together. Put in 18 inch baking dish, with half tacos on bottom. Sprinkle the cup of Velveeta over top, then other half of taco chips. Bake in 350° oven for 30 minutes.

NOTE: I won first place in a cook-out contest with this recipe. The prize was $25.00 and a Blue Moon Cookbook.

Mary Lou Sylvest

LINEBACKER'S LASAGNA

Meat Sauce (below)
Ricotta Filling (below)
1 pkg. (1 lb.) curly lasagna noodles (23)
1/2 lb. mozzarella cheese, shredded
1/2 c. grated Parmesan cheese
Parsley sprigs

MEAT SAUCE:

1 lb. sweet Italian sausage
1 lb. ground beef
4 cloves garlic, crushed
Salt
1 1/2 tsp. fennel seed
1/2 c. chopped parsley
2 cans (2 lb. 3 oz.) Italian-style tomatoes
4 cans (6 oz.) tomato paste
1 lb. hot Italian sausage
1 c. finely chopped onion
1/4 c. sugar
1 T. dried basil leaves
1/2 tsp. pepper

RICOTTA FILLING:

3 containers (15 oz.) ricotta *or* cottage cheese, drained
2 eggs
1/2 lb. mozzarella cheese, grated
1/4 c. chopped parsley
1 tsp. salt

In a large bowl, combine ricotta, eggs, mozzarella, salt and parsley; mix well.

Make meat sauce: remove sausage from outer casing. Chop meat coarsely. In 5 quart Dutch oven, over medium heat, sauté sausage, beef (break up beef with wooden spoon), onion and garlic, stirring frequently, until well-browned--20 minutes. Add sugar, 1 tablespoon salt, the basil, fennel, pepper and chopped parsley; mix well. Add undrained tomatoes, tomato paste and 1 cup water, mashing tomatoes with wooden spoon. Bring to boiling, reduce heat and simmer, covered and stirring occasionally, until thick -- 1 1/2 hours.

MEANWHILE MAKE RICOTTA FILLING:

Cook lasagna: in 8 quart kettle, bring 5 quarts water and 1 tablespoon salt to boiling. Add lasagna, 2 or 3 at a time. Return to boiling; boil, uncovered and stirring occasionally, 10 minutes, or until just tender. Drain in colander; rinse under cold water; drain well. Dry on paper towels.

(Continued Next Page)

LINEBACKER'S LASAGNA
(Continued)

Preheat oven to 375° F. In bottom of a casserole dish (about 12 x 15 inches, 7 quart capacity -- OR, if necessary, two 12 x 8 inch dishes and divide ingredients in half), spoon 4 cups sauce. Set aside 16 lasagna. Place remaining lasagna in sauce covering bottom. Spread 2 cups Ricotta Filling evenly over lasagna. Top with 4 cups sauce.

Fill 16 reserved lasagna with Ricotta Filling, using 1/3 cup for each. Roll up; arrange, sealed side down, in sauce to form a single layer. Spoon more sauce over each rolled lasagna. (For very saucy lasagna, use all the remaining sauce. If using only a little sauce, at serving time, heat remaining sauce and serve with the lasagna.) Sprinkle each roll with mozzarella and Parmesan.

Cover with foil; bake 40 minutes. Remove foil; bake 10 minutes longer, or until bubbling. Let cool slightly before serving. Garnish edge of dish with parsley sprigs. Serve one filled lasagna with some of lasagna and sauce underneath each.

To do several hours ahead or day before, prepare up to point of baking and refrigerate, covered. To bake, let stand at room temperature about 1 hour. Then bake as described above. *Peggy Collins*

FRENCH ONION BEEF STEW

2 lbs. beef cubes
3 stalks celery, cut in pieces
1 c. tomato juice
1 T. each salt *and* sugar
1/2 tsp. basil
2 med. onions, cut in eighths
4 med. carrots, cut in halves
1/3 c. quick cooking tapioca
1/4 tsp. pepper
2 med. potatoes, cut in slices

Mix all except carrots and potatoes in covered casserole and cook in 250° to 300° oven for 2 1/2 hours. Mix potatoes and carrots into stew and cook uncovered 1 hour longer. *Opal Alldredge*

Keep a small amount of reduced sodium chicken stock in the refrigerator and use as needed for cooking.

PARMESAN MEAT LOAF

1 lb. ground beef
1 c. cottage cheese
1/2 c. quick-cooking oatmeal
1 egg
1/4 c. ketchup
1/3 c. Parmesan cheese, grated
2 tsp. prepared mustard
2 T. chopped onion
1 tsp. salt
Dash pepper

Thoroughly mix all ingredients except Parmesan cheese. Lightly pack meat into 8 x 8 x 2 inch pan. Bake in moderate oven (350°) for 30 minutes. Sprinkle top with cheese and bake 15 minutes longer or until cheese is light golden brown. Let stand 5 minutes. Cut in squares. Makes 6 servings. Right size pan is important!! *Florence Rogers*

ORIENTAL MEAT LOAF

1 1/2 lbs. ground beef
1/2 c. fine dry bread crumbs
2 eggs, beaten
1/2 c. finely chopped onion
1/2 c. finely chopped green pepper
1/3 c. finely chopped water chestnuts
1 T. brown sugar
3 T. ketchup
2 T. soy sauce
1/2 tsp. salt
1/4 tsp. pepper
2 T. ketchup
1 T. soy sauce
1/2 tsp. dry mustard

Combine beef, bread crumbs, eggs, onion, green pepper, water chestnuts, 3 tablespoons ketchup, 2 tablespoons soy sauce, 1/2 teaspoon salt and 1/4 teaspoon pepper and mix well. Shape in a 10 x 5 inch slightly rounded loaf in a 12 x 8 x 2 inch baking dish. Cover with waxed paper. Microwave at *HIGH* for 14 to 18 minutes or until firm to touch, giving dish a half turn after 7 minutes. Drain off excess drippings. Combine 2 tablespoons ketchup, 1 tablespoon soy sauce, 1 tablespoon brown sugar and 1/2 teaspoon dry mustard and spoon over meat loaf. Microwave at *MEDIUM HIGH* for 1 1/2 to 2 minutes. Let stand five minutes before serving. Serves 6. *Elsie Clemons*

FAJITAS

1/4 c. lime juice
1 lg. green bell pepper, sliced
1 lg. red bell pepper, sliced
1 lg. *or* 2 med. onions, sliced
1/2 lime
1 pkg. flour tortillas
1/2 tsp. crushed red pepper
1 lb. beef sirloin, whole *or* cut in strips *or* 1 lb. chicken breasts, whole *or* cut in strips
2 T. liquid smoke
2 T. brown sugar
1/4 c. soy sauce
1/4 c. red wine vinegar
1 T. instant minced onion
2 T. butter, melted

TOPPINGS:

Chopped tomatoes
Guacamole
Salsa
Cheddar cheese, grated
Shredded lettuce
Sour cream
Sliced ripe olives
Sliced jalapeños
Monterey Jack cheese, grated

Make marinade. Mix lime juice, soy sauce, vinegar, sugar, liquid smoke, bouillon and dried onion and red pepper in a 2 cup microwave safe container. Microwave on high for 1 minute. Marinate beef or chicken at least 2 hours in refrigerator. If desired, a combination of beef and chicken may be used. Brush each tortilla with a little melted butter and stack up. Wrap in foil and heat in 300° F. oven for 15 minutes. If using whole meat, cook on grill to desired doneness and stir-fry peppers and onions in a little butter or olive oil. Sprinkle meat with fresh lime juice and slice into thin strips and serve with onions and peppers (sprinkle a little lime on these, too). If using meat cut into strips, stir-fry meat with peppers and onions. Before dishing up, sprinkle some fresh lime juice over meat, peppers and onions. To serve: put meat mixture down middle of tortilla, add desired toppings, roll up and eat. Let each person fix his or her own. *Peggy Collins*

If you rub the skin of a chicken with mayonnaise before baking, the skin will get crisp and brown.

BRISKET ROAST

Rub one 4 pound brisket roast with flour, salt, pepper, paprika and garlic salt. Place in a roasting pan and add 1 bay leaf, 1 chopped onion, 1 stalk chopped celery and 1 cup of water. (1 cup of tomatoes may be added, if desired.) Cover and roast in moderate 325° oven for about 4 hours, adding more water during cooking time, if needed. When meat is tender, remove the cover, turn oven up to high and brown quickly, if not already browned. Wonderful with sauerkraut.

Edna Rosen

BEEF BRISKET

1 (6 *to* 8 lb.) beef brisket

Combine:

3 T. Flavor Glow beef base
3 T. dehydrated onion
2 bay leaves
1/2 can cream of mushroom soup
1/2 c. red wine

Place brisket on double layer of aluminum foil. Allow sufficient dimensions to allow tight seal over top. Cut edges of foil to make a platter shape. Pour the soup, wine and onions over the brisket. Place bay leaves on top. Fold foil over top of brisket and crimp tightly so that no air may escape. Roast in 350° oven for 4 hours. Cut against grain as in carving corned beef.

Catherine Moffat

BUSY DAY CASSEROLE

1 lb. round steak, cut in bite-size pieces
1 can cream of chicken soup
1 can cream of celery soup
1/2 c. cooking sherry
1/2 pkg. dry onion soup mix

Mix soups with sherry and onion soup mix. Pour over meat. Bake 3 hours in 300° oven in covered casserole. Serve over rice.

Opal Alldredge

Rule of thumb for cooking fish: cook 10 minutes for each inch of thickness.

RIB STEAKS WITH MUSTARD AND HERBS

2 (1 1/2 lb. size) rib-eye (Delmonico) steaks (1 1/2 inches thick)
1/2 tsp. dried marjoram leaves
1/2 tsp. dried thyme leaves
1 tsp. cracked black pepper
1 T. finely chopped chives
6 T. dry mustard
3 T. dry white wine
1 T. chopped parsley

Wipe steaks with damp paper towels. In a small bowl, combine marjoram, thyme and 1/2 teaspoon cracked pepper. Rub herb mixture on each side of steak.

In a small bowl, combine mustard, 1/2 teaspoon cracked pepper and the wine to form a paste.

Spread half the mustard paste smoothly on one side of each steak; allow to stand, uncovered, at room temperature 30 minutes.

Place steaks, mustard side up, on broiler rack. Broil steaks, 4 inches from heat, 8 minutes.

Remove steaks from broiler. Turn steaks; spread with remaining mustard paste. Return steaks to broiler, and continue to broil 6 to 8 minutes, or until steaks are cooked rare to medium and mustard paste is golden brown and crusty.

To serve, place on steak board. Sprinkle with parsley and chives. Serves 8.

Peggy Collins

BALSAMIC CHICKEN

Dredge 6 boneless, skinless chicken breasts in flour, salt and pepper. Sauté in olive oil until golden brown. Add 1 1/2 cups chicken broth, 1/2 cup balsamic vinegar, 1/2 tablespoon thyme, 4 bay leaves, 5 garlic cloves. Cook 15 minutes. Add 1 pound mushrooms cut in large pieces. Cook 8 minutes at 325° F. (electric skillet). Serve over rice or noodles.

Elsie Clemons

For juicier burgers, add a stiffly beaten egg white to each pound of ground beef or make patties with one tablespoon of cottage cheese in the center.

ELEGANT CHICKEN ARTICHOKES

10 chicken breast halves, skinned *and* boned
1 tsp. salt
1/2 tsp. paprika
1 (12 oz.) can artichoke hearts, drained
1/4 lb. fresh mushrooms, sliced
1/4 c. chopped green onions
2 T. flour
2/3 c. chicken broth (if using whole can then add some flour)
1/4 tsp. pepper
6 T. butter
2 T. lemon juice

Preheat oven to 375°. Grease a shallow two quart baking dish. Sprinkle chicken with salt, paprika, and pepper and brown in four tablespoons of butter in large skillet. Transfer chicken to baking dish and arrange artichoke hearts between chicken breasts. Set aside. Add remaining 2 tablespoons butter to skillet drippings and melt. Stir in mushrooms and onions and sauté 4 to 5 minutes. Add flour and gradually stir in broth and lemon juice. Cook until bubbly and thick. Pour sauce over chicken and artichokes. Cover and bake 40 minutes. Serves 8 to 10. *Nancy Dyer*

CHINESE CHICKEN

1 can Chinese noodles
2 cans mushroom soup, undiluted
1/2 c. chicken broth
1 T. soy sauce
2 lg. chicken breasts
1/2 c. almonds, slivered
1 can water chestnuts, sliced

Cook chicken, cut into pieces. Add mushroom soup, chicken broth, soy sauce, almonds and chestnuts. Grease casserole dish and place half of noodles on bottom. Pour mixture over top, add remaining noodles. Bake at 350° for 45 minutes. Serves 8. *Lib Trail*

CHICKEN LOAF

1 1/2 c. milk
4 eggs, beaten
2 c. firmly packed soft bread crumbs
1 c. cooked rice
2 T. pimentos, chopped
1 recipe sauce (see below)
2 broiler-fryer chickens, cut into parts, boned *and* diced
1 1/2 c. chicken broth
3/4 c. celery, diced
1 tsp. salt
1/4 c. almonds, toasted

In a bowl mix together the milk, chicken broth and eggs. Add bread crumbs. Stir well and let mixture stand for 15 minutes. Add chicken, rice, celery, pimento and salt. Spread mixture evenly in an oblong baking or loaf pan. Bake at 350° uncovered for about 1 hour. Serve with sauce.

SAUCE:

1/4 c. vegetable oil
2 c. chicken broth
1 tsp. salt
1 (3 oz.) can mushrooms, drained
3 T. flour
1 T. parsley, chopped
1/2 tsp. lemon juice
1 c. light cream

In saucepan, heat oil over low heat. Add flour. Stir well. Add chicken broth. Stir constantly until thick. Add parsley, salt, lemon juice and mushrooms. Gradually stir in cream. Cook until smooth. Serve with above recipe.

Lib Trail

CHICKEN CASSEROLE WITH POPPY SEED

1 med. chicken (2 1/2 *to* 3 lbs.)
1 can cream of chicken soup
1 can cream of celery soup
1 pkg. *or* about 1 c. crushed Ritz crackers
1 1/4 sticks butter
2 tsp. poppy seed
1 c. sour cream

Cook chicken, cut in bite-size pieces. Butter 7 1/2 x 11 inch casserole. Mix soups and sour cream. Put chicken in casserole and spread mixture on top. Cover with crushed crackers mixed with poppy seed. Pour melted butter on top. Bake at 350° for 30 to 40 minutes until bubbly. Serves 6 to 8.

Lois Howard

TURKEY STRATA

2 c. seasoned croutons
1 1/2 c. (about 6 oz.) turkey ham, cut into 1/4 inch cubes
1/4 tsp. white pepper
1 c. (4 oz.) shredded Cheddar cheese
2 tsp. prepared mustard
4 eggs, beaten
1 c. milk

In an 8 inch square baking dish that has been coated with non-stick vegetable spray, layer the croutons, turkey and cheese. In a small bowl, combine the milk, eggs, mustard and pepper, mix well. Pour over the cheese. Cover and refrigerate overnight. Uncover baking dish and place in a cold oven. Set the oven temperature to 350° and bake the strata for 35 to 40 minutes, or until a knife inserted in the center comes out clean. Let stand for 5 minutes before slicing. Serves 6.

'Cille Atkinson

BARBECUED COKE CHICKEN

6 chicken breasts (3 oz. each), skinned *and* boned
2 envelopes dry onion soup mix
2 tsp. Worcestershire sauce
1/2 tsp. garlic salt
3 T. ketchup
3 T. white vinegar
Diet Coke (to cover the chicken)

Place the chicken breasts and next 5 ingredients in a large skillet. Cover the chicken breasts with the diet Coke and bring to a boil. Reduce heat to a simmer and cook for 20 minutes, covered. Remove cover, bring back to a boil and reduce the sauce until thick and sticky.

Mabel Hitchcock

LO-FAT BARBECUED COKE CHICKEN

6 chicken breasts (3 oz. each), skinned
1 envelope dry onion soup mix
2 tsp. Worcestershire sauce
3 T. ketchup
Diet Coke (to cover chicken)
1/2 tsp. garlic salt
3 T. white vinegar

Place chicken, soup mix, Worcestershire, garlic salt, ketchup and vinegar in large skillet. Cover chicken with diet Coke and bring to a boil. Reduce heat to simmer and cook for 20 minutes, covered. Remove cover and bring back to boil. Reduce sauce until thick. Calories 168 and fat 3.6 grams.

Clara Easterly

DRUNKEN' CHICKEN

1 c. sour cream
1 can (4 oz.) sliced mushrooms, drained
2 T. butter *or* margarine
2 whole chicken breasts, split, skinned, boned *and* flattened to 1/2 inch thickness

MARINADE:

1/4 c. light rum
1 T. soy sauce
1 T. brown sugar
1/8 tsp. ground ginger
1/4 tsp. ground nutmeg
1 T. lime juice
1/4 tsp. crushed red pepper

Place the chicken in a shallow glass baking dish in a single layer; set aside. In a small bowl, combine the marinade ingredients. Mix well and pour over the chicken. Marinate the chicken covered, in the refrigerator for 30 minutes, turning once. Then melt the butter in a large skillet over medium heat. Remove the chicken from the marinade, reserving excess marinade, and sauté chicken until golden and cooked through (juices will run clear). Remove chicken to a serving platter and keep warm. Add the mushrooms and reserved marinade to the skillet and heat for 1 to 2 minutes. Gradually add the sour cream, stirring to blend. Cook the sauce over low heat for 5 to 10 minutes, until slightly thickened. Serve sauce over the chicken breasts. Sprinkle with additional nutmeg, if desired. Serves 4. *'Cille Atkinson*

CHICKEN TORTILLA BAKE

2 c. chicken, cooked *and* cubed
1/2 *to* 1 c. Monterey Jack cheese
1 can cream of mushroom *or* chicken soup
8 *to* 9 corn tortillas
2 scallions, chopped
1 can green chilies

Make a sauce out of the soup, green chilies and part of the scallions. Mix the cooked chicken, cheese and part of the scallions. Mix 1/2 of the sauce with the chicken mixture. Put this in the corn tortillas and roll up. Place in baking dish and top with rest of the sauce and with the remaining cheese. Bake for 20 to 30 minutes at 350°.

Cathy McClure

CHICKEN CASSEROLE

1 box Escort crackers, crumbled
1 can water chestnuts, drained
4 *to* 5 chicken breasts, boiled *and* cubed
1 can cream of mushroom soup
1 can cream of chicken soup
1 stick margarine
1 carton sour cream

Melt the margarine and mix with 1/2 of the crackers to form a crust. Place in a baking dish. Mix soups, sour cream and chestnuts. Layer in the following order: crumbs, chicken and soup mix. Repeat layers, ending with the soup mixture. Bake in a 350° oven until bubbly and begins to brown. Waverly crackers may be used. ***Selma Werner***

CHICKEN WAIKIKI BEACH

2 whole chicken legs *and* breasts
1 lg. green pepper, cut in 1/4 inch circles
1/2 c. flour
1/3 c. salad oil *or* shortening
1 tsp. salt
1/4 tsp. pepper
1 (1 lb. 4 oz.) can sliced pineapple
1 chicken bouillon cube
1 c. sugar
2 T. cornstarch
3/4 c. cider vinegar
1 T. soy sauce
1/4 tsp. ginger

Wash the chicken and pat dry with paper towel. Coat chicken with flour and heat oil in large skillet and add the chicken, a few pieces at a time and brown on all sides. Remove as chicken browns to a shallow roasting pan, arrange pieces skin side up. Sprinkle with salt and pepper. Meanwhile preheat oven to 350°. Drain pineapple, pouring the syrup into a 2 cup measuring cup. Add water to make 1 1/4 cups. In medium saucepan, combine the sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger and bouillon cube and bring to a boil, stirring constantly. Boil 2 minutes and pour over chicken. Bake uncovered for 30 minutes. Add pineapple slices and green pepper, baking 30 minutes longer or until chicken is tender. Serve with fluffy white rice. Makes 4 servings. ***Selma Werner***

BRUNCH HAM AND BROCCOLI BAKE

8 slices white bread, crust removed
1 c. diced, cooked ham
1 c. frozen chopped broccoli, thawed *and* drained
3 eggs, slightly beaten
1 1/2 c. milk
1/2 tsp. dry mustard
1/4 tsp. onion salt
1/4 tsp. ground white pepper
2 c. (8 oz.) shredded Swiss cheese
Paprika

Place four slices of bread in a lightly greased 8 inch square baking dish. Sprinkle ham and broccoli over bread; top with remaining bread slices. Combine eggs and the other ingredients except the cheese and paprika, stirring well, and pour over bread. Sprinkle with cheese and paprika. Bake, uncovered at 350° for 45 to 50 minutes or until puffed and golden brown. Serve immediately. Serves 4. ***Anne Nusbaum***

HAM AND CHEESE PIE

1 c. shredded natural Swiss cheese
1 T. parsley, chopped
1 c. ham, chopped
1/2 c. onion, chopped
1 can (13 oz.) evaporated milk
3 eggs
1 c. cooked hot soft grits
1/2 tsp. salt
1/4 tsp. dry mustard
1/8 tsp. red pepper
2 pie shells (8 inch)

Sprinkle ham, onion and cheese over bottom of raw pie shells. Beat together remaining ingredients and pour into shells. Bake in preheated 375° oven for 45 to 50 minutes. Knife should come out clean. Let stand 10 minutes.

OPTION:

17 small tart shells in lieu of the 2 pie shells. ***Lucile Marks***

Meat And Sausage Loaf

Mix together 2 pounds ground beef and 1/2 pound sausage meat (seasoned hot). Season with 2 teaspoons salt, 1/4 teaspoon pepper and a pinch of savory. Add 1 egg, 1 cup soft bread crumbs and 1 cup V-8 cocktail juice. When well mixed pack into a 9 x 5 x 3 inch loaf pan and bake in a moderate oven at 350° for 1 1/2 hours. Serves 8.

Catherine Moffat

Ham Loaf

1 1/2 c. ground ham
3/4 c. cracker crumbs (16 crackers)
Salt *and* pepper, to taste
10 *to* 12 apricot halves
1 lb. fresh pork, ground
2 eggs
3/4 c. milk

Sauce 6 tablespoons brown sugar, 1/2 teaspoon dry mustard, 2 tablespoons vinegar. Mix meat, beaten egg, milk, crumbs, salt and pepper. Grease loaf pan. Boil sauce ingredients. Arrange apricots over bottom of loaf pan and pour sauce over. Place meat on top. Bake at 375° for 1 hour.

Elsie Clemons

Coca Cola Pork Chops

Put 6 or 8 pork chops in heavy skillet and season with salt and pepper. Pour 1 (12 ounce) can Coke, 1 cup ketchup and 2 tablespoons Worcestershire sauce over chops and cover. Cook gently about 1 hour on stove top. If thicker sauce is desired, remove lid last 10 or 15 minutes.

Rosalie Pratt

Kalua Pig

1 tsp. salt
1 tsp. Worcestershire sauce
1 sm. piece fresh ginger root
5 lb. pork roast (Boston butt, boneless)
1 tsp. Ac´cent
1/4 c. soy sauce

Pour seasonings over roast and bake at 350° for 3 1/2 to 4 hours.

Alice Jenkins

PORK CHOPS AND RICE

Roll about 6 chops in flour, salt and pepper. Sauté chops in skillet, until brown on both sides. Drain chops on paper towels, then arrange in a baking pan. On each chop, put 1 tablespoon washed uncooked rice, top with 1 large slice onion and 1 slice of tomato. Drain as much grease as possible from skillet, add 2 1/2 cups water and simmer for a few minutes stirring thoroughly. Pour this liquid over chops and rice, onion and tomato making sure that liquid completely covers rice. Add more water if needed. Bake in slow oven at 325° until rice is cooked. Do not stir! Serve hot!

'Cille Atkinson

OVEN BAKED BARBECUED SPARERIBS

4 *to* 5 lbs. pork ribs, trimmed, cut
into serving pieces (2 *to* 3 ribs)

Sprinkle with salt and pepper and spread them, meaty side up, in a large baking pan. On each piece put one thin slice of lemon. Put into 450° oven, uncovered, for 45 minutes to brown.

Mix and bring to a boil the following sauce:

1 tsp. chili powder
1/4 c. white vinegar
1 1/2 c. tomato sauce
1 tsp. salt
1 lg. onion, grated
1/4 c. brown sugar
1/4 tsp. Worcestershire sauce
2 c. water
1 tsp. garlic powder

After ribs are browned, pour out melted fat. Pour sauce over ribs and reduce heat to 350°. Bake ribs, covered with aluminum foil for 1 hour. Remove foil, spoon sauce over ribs and continue baking for 1/2 hour longer. This dish can be made the day before. When it is cool, keep in refrigerator, then heat in the oven uncovered before serving at 350° for about 1/2 hour. Serve with the sauce.

'Cille Atkinson's favorite recipe

Pork chops which are light in color are corn fed.

SAUSAGE STROGANOFF

2 lbs. lean ground sausage
1/2 c. chopped onion

Sauté together lightly. Drain and pat with paper towels to remove excess grease.

Mix together until smooth and add to sausage and onions:

1 can cream of mushroom soup
1 can cream of celery soup
1/2 tsp. garlic powder
2 c. sour cream *or* whole milk
2 T. Worcestershire sauce
3 T. flour
2 tsp. soy sauce
1/2 tsp. paprika

To the above mixture add 2 cans mushrooms. Stir well. Bake at 350° for 45 minutes.

Nancy Holliman

MARINATED BLUE FISH

1 fillet fresh blue fish (about 1 lb.)
Paprika
Pepper

MARINADE:

1/4 lb. melted butter
3 T. soy sauce
Juice of 1 lemon

Combine ingredients for marinade. Place fillet in a glass dish; cover on all sides with marinade; sprinkle with paprika and pepper. Cover and refrigerate for several hours. To cook, place fillet in broiler pan; broil at high heat 12 to 15 minutes or until cooked through and slightly browned. This marinade is especially suited to blue fish. Serves 4 to 6.

Claudia Manley

CRAB CASSEROLES

VARIATION I:

3/4 c. celery, chopped
2 c. bread crumbs
1 c. milk
3 T. onion, finely chopped
1/2 c. mayonnaise
1 lb. crabmeat

Combine all ingredients. Season with a little lemon juice, Worcestershire sauce, salt and pepper. Top with bread crumbs and bake at 350° until hot and bubbly. Serves 6.

VARIATION II:

Combine 1 pound crabmeat with 3/4 cup chopped celery, 3 tablespoons finely chopped onion, 2 cups bread crumbs, 1/2 cup mayonnaise and 1 cup milk. Season with a little lemon juice, Worcestershire sauce, salt and pepper. Top with bread crumbs. Bake at 350° until hot and bubbly. Serves 6.

Grace Jackson

CRABMEAT DIVINE

4 T. butter
1 tsp. salt
1/4 tsp. creole seasoning
2 T. sherry
Grated New York State cheese
4 T. flour
1 tsp. paprika
1 pt. half *and* half
1 lb. lump crabmeat

Melt butter over medium heat. Add flour and cook for a few minutes. Remove from stove and add salt, paprika, creole seasoning and half and half. Return to stove and cook over low heat stirring constantly. When sauce begins to thicken, add sherry. Continue too cook until thick and is the consistency of custard. Add crabmeat. Pour into individual baking dishes or shells and top with generous amount of cheese. Bake in a 350° preheated oven until hot and the cheese has melted. Serves 6. Freezes well.

Bernice Rubin

To shape meatballs, use an ice cream scoop to make uniform balls.

HOT CRABMEAT SOUFFLÉ

8 slices bread
2 c. crabmeat
1/2 c. mayonnaise
3 c. milk
Paprika
1 can mushroom soup
1 onion, chopped
1 c. celery, chopped
1/2 c. green peppers, chopped
Grated cheese (at least 1 c.)
4 eggs

Dice half of bread into large oblong baking dish. Mix crabmeat, mayonnaise, onion, green pepper and celery and spread over diced bread. Trim crusts from remaining 4 slices and place trimmed slices over crabmeat mixture. Mix eggs and milk together and pour over mixture. Place in refrigerator several hours or overnight. Bake at 325° oven for 15 minutes. Take from oven and spoon mushroom soup over the top. Bake 1 hour at 325°. At the end of cooking time, top with cheese and paprika. Cook until cheese is melted and bubbly. Serves 12.

Vivian Carroll

SCALLOPED OYSTERS

Wash 2 dozen large oysters or 3 dozen small. Put layer of crushed crackers in bottom of baking dish. Cook 1 cup of finely cut celery for 20 minutes. Add to oysters on top of crushed crackers. Sprinkle salt and pepper and dot with butter. Cover top with broken crackers. Pour on enough rich chicken broth to moisten crackers well. Let stand 15 minutes. Put 2 well-beaten eggs on top. Bake in hot oven until slightly brown. Serve piping hot.

Lois Howard
(From 1940 Purefoy Hotel Cookbook)

SCALLOPED OYSTERS

2 1/2 c. coarse cracker crumbs
1 pt. oysters, drained
1/4 c. oyster liquid
3/4 c. half *and* half
1 tsp. Worcestershire sauce
1/2 tsp. salt
Pinch of pepper
1/3 c. butter

Arrange 1/3 of the crumbs in a well-buttered 1 quart baking dish. Cover with 1/2 of oysters; repeat layers of crumbs, remaining oysters. Blend liquids and seasonings. Pour over oysters. Cover with the remaining crumbs and dot with butter. Bake in 350° oven about 45 minutes. Serves about five. ***Vivian Carroll***

SHRIMP AU GRATIN

3/4 lb. cooked shrimp
3 T. chopped onion
3 T. butter *or* oil
1 1/2 c. grated sharp Cheddar cheese
1 1/2 c. tomato juice
1/2 tsp. salt
Dash of pepper
1/4 tsp. dry mustard
1/4 c. flour

Cook onions in butter or oil until tender. Blend in flour and seasonings. Add tomato juice gradually and cook until thick, stirring constantly. Add 1 cup cheese and heat until melted. Stir in shrimp and pour into well-greased casserole. Sprinkle remaining cheese on top. Bake at 400° F. for 15 minutes. Serves 4 to 6. ***Claudia Manley***

QUICK SHRIMP CURRY

1/2 c. chopped onion
1 T. margarine *or* butter
1 can cream of shrimp soup, undiluted
1 c. sour cream
1/2 tsp. curry powder
1 c. cooked shrimp
3 c. cooked rice

Cook onion in butter until tender but not brown. Add soup, heat and stir until smooth. Stir in sour cream and curry powder. Add shrimp and heat. Serve over rice. ***Rosalie Pratt***

BUBBA'S BEER-BROILED SHRIMP

2 lbs. unpeeled lg. fresh shrimp
2 T. chopped fresh parsley
1 T. *plus* 1 tsp. Worcestershire sauce
1/8 tsp. salt
1/8 tsp. hot sauce
3/4 c. beer
2 T. vegetable oil
1 clove garlic, minced
1/4 tsp. pepper

Peel and devein shrimp, leaving tails intact. Combine beer and remaining ingredients in a large shallow dish; add shrimp, stirring gently to coat. Cover and marinate in refrigerator 2 to 3 hours, stirring occasionally.

Drain shrimp, discarding marinade. Thread neck and tail of each shrimp onto six (14 inch) skewers so shrimp will lie flat; place skewers on a lightly greased rack of a broiler pan. Broil 5 1/2 inches from heat (with electric oven door partially opened) 3 minutes; turn and broil an additional 1 to 2 minutes or until shrimp turn pink. Yield: 6 servings. From "The Bubba Gump Shrimp Co. Cookbook". This is a favorite of my son, William. He makes it himself and then loves to eat it!

Peggy Collins

SHRIMP CASSEROLE

1 lb. cooked shrimp
6 slices toasted bread, crushed into crumbs
2 red pimentos, diced
2 cans cream of mushroom soup
1 button garlic, chopped fine
3 hard-boiled eggs, diced
1 c. mayonnaise
2 tsp. Worcestershire sauce
1/2 c. almonds
Salt *and* pepper, to taste

Mix ingredients with undiluted soup. If mixture is too thick to stir easily, add a little water. Pour in a large greased casserole dish. Sprinkle with half crumbs and almonds. (Using other half in soup.) Dot with butter. Bake at 350° for 20 minutes. This is also excellent using chopped cooked chicken.

Grace Jackson

SHRIMP ETOUFFEE

3 lbs. shrimp, shelled *and* deveined
3 T. flour
1/2 c. thinly sliced celery
1/2 c. finely chopped bell pepper
2 c. hot water *or* fish stock
6 T. butter
1 c. finely chopped onion
3 drops Tabasco
Salt *and* pepper, to taste
4 T. chopped parsley

In 3 tablespoons butter cook onion and celery until tender. Remove from skillet. Add remaining butter to skillet and make a roux with the flour. Add water or fish stock and then remaining ingredients and cook for about 20 minutes. If desired, a tablespoon or two of tomato paste may be added for color. *Peggy Collins*

SHRIMP LOAF

1 can cream of shrimp soup
1 (8 oz.) pkg. cream cheese
1 c. mayonnaise
1 pkg. Knox gelatin
Dash of cayenne pepper
Dash of Worcestershire sauce
1 c. celery, chopped
Salt, to taste
Dash of Tabasco sauce
1 sm. can shrimp

Dissolve gelatin in boiling soup, add cream cheese and melt. Add rest of ingredients and pour into a mold. Place in refrigerator to congeal. Serve with crackers. *Effie Haber*

SHRIMP MOLD

1 can tomato soup
1 sm. box lemon Jell-O
1/2 c. mayonnaise
2 c. shrimp, cooked
1/2 c. water
8 oz. cream cheese
1 c. celery, chopped
1/2 c. onion, finely chopped

Heat soup with water and dissolve Jell-O. Add cream cheese and mayonnaise to soup mixture and mix well until smooth. Add the celery, onion and shrimp. Pour into mold and let congeal. Best if prepared 24 hours in advance. Serve with Ritz crackers. *Gwen Watson*

SHRIMP SOUFFLÉ

1 lb. raw cleaned *and* deveined shrimp
6 slices bread
1/2 lb. sharp Cheddar cheese
1 T. dry mustard
1/2 tsp. salt
3 eggs
1/2 stick margarine
2 c. milk

Melt margarine, add to beaten eggs, mustard and milk. Break up bread in little pieces. Grease casserole. Layer bread, shrimp, cheese, alternating and pour milk-egg mixture over all. Let stand in refrigerator overnight. Bake 1 hour at 325° or 350°. ***Vivian Carroll***

CHEESE SOUFFLÉ

1 c. cheese, grated
3 egg yolks, well-beaten
3 egg whites
1 c. thick cream sauce
1/4 tsp. cream of tartar

Heat oven to 350°. Blend cheese into cream sauce. Add egg yolks. Add cream of tartar to egg whites and beat until stiff. Pour into an ungreased 1 1/2 quart baking dish. Make a groove with a knife 1 inch from edge of baking dish. Bake in a pan of hot water until puffed and golden brown about 50 to 60 minutes. ***Lib Trail***

QUICHE WITHOUT A CRUST

1 c. cottage cheese, mashed
3 T. flour
8 oz. Swiss cheese, grated
1/2 pkg. frozen chopped spinach, thawed *and* well-drained
3 eggs
1/4 c. margarine

Mix eggs and cottage cheese well. Add remaining ingredients one at a time. Pour into a 9 inch greased pie plate and bake at 350° for 1 hour, or until firm in center. ***A Covenant Village Resident***

MACARONI AND CHEESE PIE

2 1/4 c. (9 oz.) shredded Cheddar cheese, reserve 1/4 c. for top
1 c. uncooked elbow macaroni
4 eggs
1/4 tsp. salt
2 1/4 c. milk (you can use skimmed evaporated)
1/2 c. Bisquick
1/4 tsp. hot pepper sauce

Preheat the oven to 400°. Grease a 10 inch pie plate. In a medium-sized bowl, combine 2 cups cheese and the macaroni, sprinkle into the pie plate. Except for the remaining 1/4 cheese, beat the remaining ingredients until smooth for about 15 seconds in a blender on high speed or for 1 minute in a large bowl with a hand beater. Pour into the pie plate. Bake for about 40 minutes, until a knife inserted in the center comes out clean. Sprinkle with the remaining cheese. Bake until the cheese is melted, 1 to 2 minutes. Cool for 10 minutes, then cut into wedges. Serves 6 to 8.

'Cille Atkinson

HAM ASPARAGUS QUICHE

1 c. cooked ham, diced
Dash salt *and* pepper
1 (9 inch) pastry shell, partially baked
1 pkg. frozen asparagus *or* 1 lb. fresh asparagus *or* 1 can cut asparagus, drained
1 c. diced Swiss cheese
3 eggs
1 c. milk *or* half *and* half

Place ham in shell, arranging asparagus over ham. Sprinkle with cheese. Beat eggs, milk, salt and pepper until foamy. Pour over casserole. Bake at 375° for 30 to 40 minutes or until firm in center. Garnish with parsley or fresh basil leaves if desired. Makes 4 to 6 servings.

A Covenant Village Resident

The darker the flesh of a fish, the higher it is in calories.

GRANDMOTHER'S QUICHE

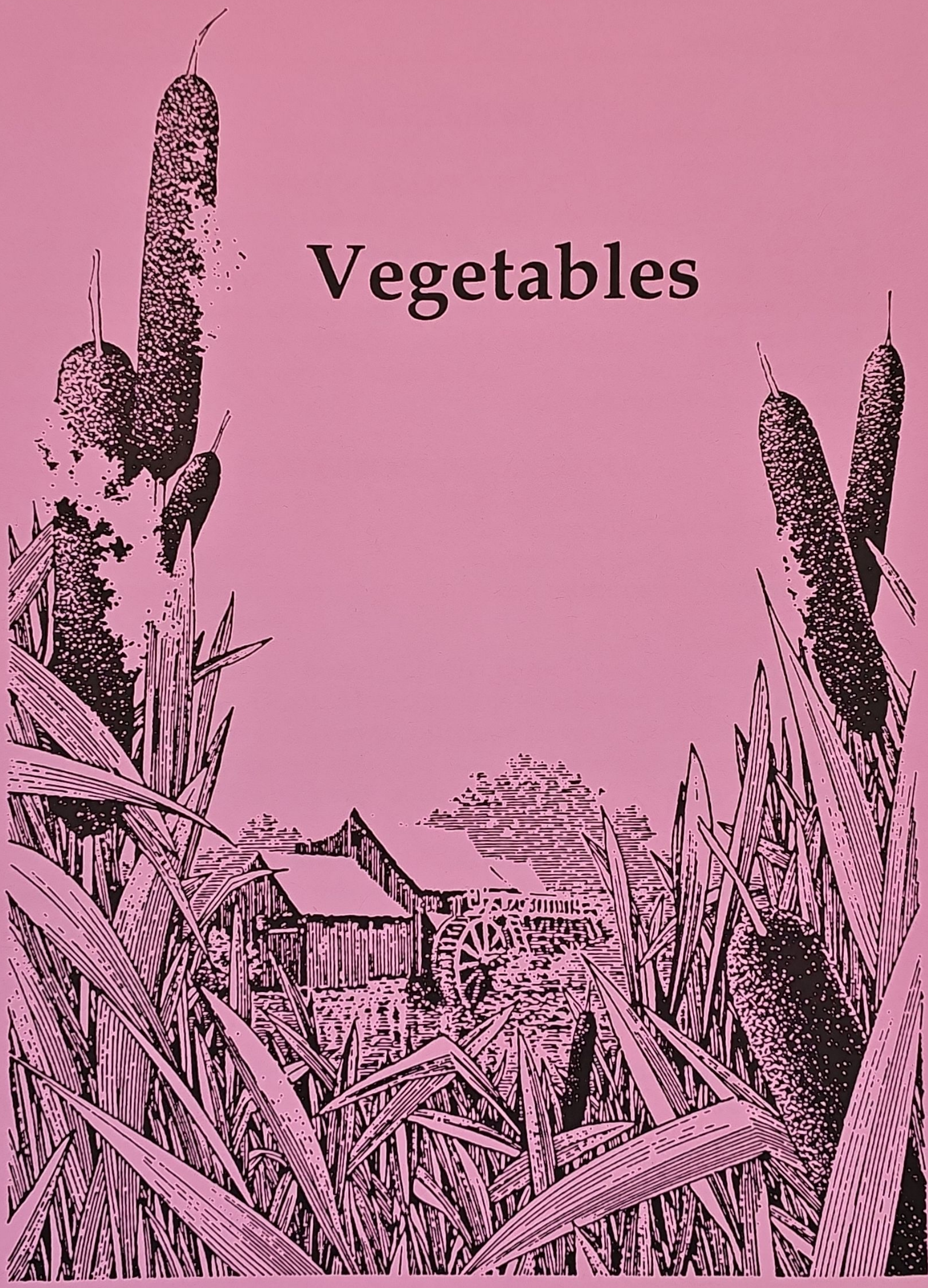
3/4 c. chopped ham
1 1/2 T. butter
3/4 c. Swiss *or* mozzarella cheese, grated
3 eggs
Dash cayenne pepper
1 (9 inch) pie crust
1/4 c. onion, chopped
1/2 tsp. salt
1 1/2 c. Pet milk

Sauté onions in butter and sprinkle on pie crust. Add ham and cheese. Beat eggs with milk and seasoning. Pour over all. Bake at 400° for 5 minutes and then at 300° for 35 minutes or until firm.

Julie Lawson

§ § § § §

Vegetables



VEGETABLES

BLACK BEANS AND RICE

Wash beans and discard stone. Soak overnight. Boil about one hour or just before they are done. Meantime in small frying pan in 3 tablespoons olive oil, sauté 1 minced clove garlic, 1 small minced onion, 1 small green onion and 1 small finely chopped tomato. Cook over low heat about 30 minutes. Add to the beans, stir well and cook about 30 minutes longer or until beans are done but *NOT* mushy. Serve hot over hot rice. *A Covenant Village Resident*

PARTY BROCCOLI CASSEROLE

1 lg. onion, chopped
1 stick butter
4 pkgs. broccoli spears
1 can cream of mushroom soup
1 1/2 rolls garlic cheese
1 tsp. MSG
1/2 c. Pepperidge Farm stuffing, crushed fine
1 lg. can mushrooms, drained

Sauté onions in butter. Briefly parboil broccoli according to package directions. Drain. Melt cheese in mushroom soup. Add MSG, drained mushrooms and onions. Alternate layers of broccoli spears and sauce in a lightly buttered casserole dish. Sprinkle stuffing mix over top and bake until bubbly in a 300° oven. *Mary Lou duBell*

BROCCOLI CASSEROLE

2 pkgs. chopped broccoli, thawed
1 med. onion, chopped
1 can cream of chicken soup
1 can cream of mushroom soup
1 can sliced water chestnuts, drained
1 stick butter
1 c. Minute Rice, uncooked
1 (8 oz.) pkg. grated Cheddar cheese

Mix all ingredients in a two quart casserole and bake at 350° for 35 to 40 minutes. *Anne Nusbaum*

RED BEANS AND RICE

1 lb. dried red kidney beans
Butt half of smoked ham, cut in fist-sized pieces
2 *or* 3 slices fatback *or* bacon
1 *to* 2 c. chopped onion
1 *to* 2 cloves garlic, minced
If desired, other chopped vegetables may be used (green *or* red peppers, scallions, leeks, celery)
Black pepper
Cayenne pepper
1 bay leaf

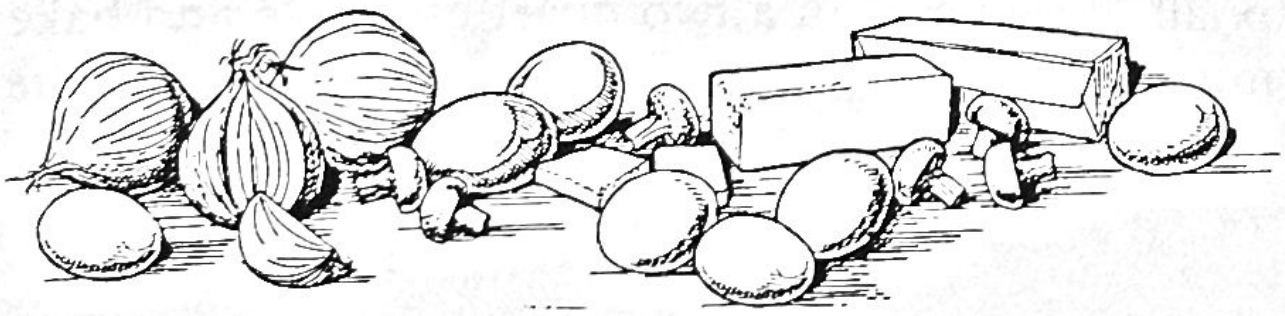
Rinse the beans, cover with a lot more water than seems necessary and soak overnight. Drain.

Fry fatback or bacon in a big, heavy pot. Remove meat and cook onion until it wilts; add garlic and stir for a minute; then add any other vegetables you wish and cook for another two or three minutes. Add seasonings (*NO* salt, unless you need it at the very end of the coking), soaked beans, ham and enough water to barely cover. Don't be overgenerous with the water, because using too much will keep the beans from thickening properly. You can always add more water later on. Bring to a boil, lower the heat to medium-low and simmer uncovered for about three hours, stirring regularly to keep beans from sticking to the bottom of the pot.

During the third hour of cooking the ham will start to fall away from the bone and will flake when you poke it with a fork, and the liquid will thicken noticeably. These should happen roughly simultaneously. At that point turn off the heat and take out the ham bones and any pieces of fat that are in the pot. If you finish cooking early, don't worry -- like all stews, red beans taste better if you leave them to sit for a while and then reheat, but leaving the heat on will cause the beans to disintegrate.

Serve over hot rice and enjoy. Serves about 10 people.

Peggy Collins



CARROT SOUFFLÉ

1 package carrots, scraped, boiled until tender and mashed. Heat in saucepan 1 tablespoon flour and 1 1/2 tablespoons butter. Add carrots, 2 tablespoons milk, yolk of 1 egg. Mix well. Add 1 1/2 teaspoons sugar and 1/2 teaspoon vanilla. Fold in beaten white of 1 egg. Bake in greased pan in slow oven for 30 minutes. Use only 1 egg if recipe is doubled.

Lib Trail

LO-FAT COPPER PENNIES

1 can (10 oz.) diced carrots, drained
1 sm. onion, sliced
1 sm. bell pepper, sliced

MARINADE:

1 can tomato soup
1/2 tsp. Worcestershire sauce
Salt *and* pepper, to taste
7 pkgs. Equal
1/3 c. white vinegar

Put all together in plastic bag and seal. Refrigerate, the longer the better. Serves 4. Calories 92 and fat 2.5 grams.

COPPER PENNIES VARIATION:

Mabel Hitchcock uses sliced carrots instead of diced.

Clara Easterly

SAUCY CAULIFLOWER

1 med. *to* lg. head cauliflower
Mayonnaise
Prepared mustard
1 c. Cheddar cheese, grated

Trim, rinse and drain cauliflower, leaving whole, and place in covered, microwavable dish. Microwave on High for 10 to 12 minutes or until just tender, not mushy. Remove from microwave and drain liquid off. Spread mayonnaise over the whole head and then spread mustard over that. Cover with cheese and return to microwave, covered, for 1 to 1 1/2 minutes. Serve with a spoon.

Peggy Collins

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Baked Cauliflower

1 lg. cauliflower
1/2 c. bread crumbs, buttered
1/2 c. Parmesan cheese, grated
2 egg whites, beaten to rounded peaks
2 egg yolks, slightly beaten
1 c. cubed ham
2 T. flour
2 c. sour cream

Cook cauliflowerets 20 minutes on top of stove (9 minutes in microwave). Mix together buttered bread crumbs and cheese; set aside. Mix in bowl: slightly beaten egg yolks, flour and then sour cream. Fold in egg whites. Set sauce aside. Drain cauliflower, arrange one half on bottom of 1 1/2 quart casserole. Spoon over ham. Pour half of sauce over ham and cauliflower, then add remaining cauliflowerets. Pour in rest of sauce. Sprinkle buttered crumb and cheese mixture on top. Bake at 350° for 20 to 30 minutes. *Selma Werner*

Corn Bake

3 cans white shoe peg corn
1 stick margarine
1 carton whipping cream
2 T. flour

Melt margarine in oblong casserole dish. Pour corn into melted margarine. Pour the whipping cream over corn and add the flour. Stir the mixture well and bake at 350° for 35 to 40 minutes. *Gwen Watson*

Corn Casserole

1 can cream-style corn
8 oz. sour cream
1 pkg. jalapeño corn bread mix
1 stick melted margarine
1 c. grated Cheddar cheese
1 can Mexican corn

Mix all ingredients except cheese. Bake at 300° to 325° F. for 30 minutes. Top with cheese and bake for 10 minutes more. *Kathy Snead*

Remember to remove the tops of carrots before storing. Tops drain the carrots of moisture, making them limp and dry.

BLAND FAMILY FAVORITE

Core a large Vidalia onion for each family member. Add salt, pepper and generous pat of butter to hollow. Wrap in foil and bake at 350° F. for 30 to 45 minutes.

Elsie Clemons

ONION PIE

PASTRY:

Mix 3/4 cup crushed saltines with 1/3 cup melted margarine. Press into 10 inch pie pan.

FILLING:

Cook slowly until clear but still crunchy: 1 quart thinly sliced white onions in 1/4 cup margarine. Arrange in pastry. Beat 4 eggs slightly. Then add 1 1/2 cups milk, 1 1/2 teaspoons salt, pepper. Pour over onions. Top with 1 cup grated sharp cheese. Bake in 350° oven for 25 minutes. If too much liquid discard excess or use larger pan. If using really big eggs there'll be more liquid. This is good served with beef.

Lucile Marks

VIDALIA ONION PIE

2 Vidalia onions, thinly sliced
1 c. saltine crackers (approximately 20), crushed
2 T. margarine *or* butter
1/4 c. margarine *or* butter
1/4 c. grated Cheddar cheese
3/4 tsp. salt
3/4 c. milk
2 eggs
Dash paprika
Dash pepper (if desired)

Melt 1/4 cup butter or margarine. Mix with cracker crumbs and press into a 9 inch pie pan. Sauté onions in 2 tablespoons margarine or butter, stirring to separate, until tender. Place in cracker crumb shell. Combine milk, eggs, salt, adding pepper if desired, and pour over onions. Sprinkle cheese and paprika on top. Bake at 350° F. for 20 to 30 minutes.

Elsie Clemons

Ripen green bananas or green tomatoes by wrapping them in a wet dish towel and placing them in a paper sack.

GENE'S VIDALIA ONION PIE

Pastry
12 slices bacon
2 lg. Vidalia onions, sliced
3 eggs, slightly beaten
1 carton sour cream (fat-free)
1/8 tsp. white pepper
1 1/2 tsp. chives
1/4 tsp. caraway seeds

Place pastry in pie pan. Bake at 400° F. for 3 minutes. Prick and bake 5 minutes more. Cook bacon and crumble. Sauté onion in bacon grease. Combine eggs, sour cream, white pepper and chives. Fold in bacon and onion. Place in pie shell. Sprinkle with caraway seeds. Bake at 350° F. for 35 to 40 minutes.

Peggy Collins

HASH BROWN POTATO CASSEROLE I

1 pkg. (32 oz.) frozen hash browns, thawed
3/4 c. margarine, melted
1/2 c. onion, chopped
1 can cream of chicken soup, undiluted
1 (8 oz.) sour cream
1/2 (4 oz.) can green chilies, chopped fine
1 c. (4 oz.) shredded mild Cheddar cheese
2 c. corn flakes, crushed

Combine potatoes, 1/2 cup margarine, onion, soup, sour cream, chilies and cheese. Stir well. Spoon into greased 2 1/2 quart casserole. Crush corn flakes and stir in remaining butter. Bake at 350° for 50 minutes.

Lib Trail

HASH BROWN CASSEROLE II

1 (2 lb.) bag hash browns
1/2 c. chopped onion
1 (10 oz.) Cheddar cheese, grated
1 (8 oz.) sour cream
1 can cream of chicken soup, undiluted
1 tsp. salt
Pepper
1 stick margarine

Mix well and put in 3 quart casserole. Cover with bread crumbs and pour another stick of melted margarine over crumbs. Bake at 350° for 1 hour and 10 minutes. Serves 8 to 10. May be divided, freeze half to serve later. Great with steak or barbeque.

Gwen Watson

HASH BROWN CASSEROLE III

1 med. onion, chopped
1/4 c. butter *or* margarine, melted
1 (16 oz.) carton sour cream
2 c. corn flakes, crushed
1 (10 3/4 oz.) can cream of celery soup, undiluted
1 c. (4 oz.) shredded Cheddar cheese
1 (32 oz.) pkg. frozen hash brown potatoes, thawed

Sauté onion in butter until tender. Combine onion, potatoes, sour cream, soup and cheese. Spoon potato mixture into a lightly greased 11 x 7 x 1 1/2 inch baking dish. Top with crushed corn flakes. Bake at 350° for one hour or until golden brown. Serves 6 to 8.

Anne Nusbaum

CREAMY POTLUCK POTATOES

5 lg. (2 1/2 lbs.) potatoes, peeled *and* chopped
1 (10 3/4 oz.) can reduced sodium condensed cream of chicken soup
1/2 c. reduced calorie dairy sour cream
1/2 pkg. (4 oz.) Neufchatel cheese, softened
About 1 T. butter flavored seasoning mix
3/4 c. shredded reduced fat sharp Cheddar cheese
3 T. *plus* sliced green onions
1/4 c. skim milk
1 T. dried parsley flakes
1/4 tsp. garlic salt
1/4 tsp. pepper

Cook potatoes covered in boiling water for 10 to 12 minutes or until tender. Drain, rinse with cold water and drain again. In a large mixing bowl stir together the rest of the ingredients except the Cheddar cheese and combine with the potatoes. Put in a 2 quart shallow casserole or rectangular baking dish. Bake uncovered in a 350° oven for 30 to 35 minutes or until heated through. Sprinkle with Cheddar cheese. Bake about 5 minutes more or until cheese is melted. Sprinkle with remaining green onion.

Anne Nusbaum

POTATO SALAD

4 med. Idaho potatoes
4 stalks celery, chopped
Salt *and* pepper, to taste
6 green onions, sliced
2 sm. jars pimentos
Mayonnaise, to taste

Peel potatoes and cut into cubes. Cover with water and bring to a boil. Turn down to a simmer until potatoes are done, 10 to 15 minutes. Drain and run under cold water to stop the cooking process. Turn into a bowl and add remaining ingredients. Refrigerate until time to serve.

My son, Edward, likes to make this and we all like to eat it!

Peggy Collins

SCALLOPED POTATOES

3 med. Idaho potatoes
Butter
1 1/2 c. milk (can use cream for part of this)
Salt
3 med. onions
Flour

Peel and thinly slice potatoes. Slice onions thinly and sauté in 2 tablespoons butter. Grease a large casserole dish and put in a layer of potatoes and a layer of onions. Dot with butter and sprinkle with flour (about 2 to 4 tablespoons). Repeat layers until all potatoes and onions have been used. Add 1 tablespoon salt to milk and scald. Pour over potatoes and bake at 350° F. for 1 to 1 1/4 hours or until potatoes are done.

Peggy Collins

RICE CASSEROLE

1 c. long grain white rice
2 c. celery
2 c. chicken broth
1 can cream of mushroom soup
1 stick butter
1 c. onion
1/2 tsp. curry powder

Brown rice in butter over medium heat. Add celery and onions. Stir together for a few minutes. Put in large baking dish, cover tightly with foil and bake at 350° F. for 1 hour. Stir once during cooking.

Ruby Clayton

SWEET POTATO CASSEROLE

2 c. grated raw sweet potato
1 1/2 c. sugar
1 stick Fleischmann's margarine
3/4 c. buttermilk
1 tsp. vanilla
1/2 tsp. cinnamon
2 eggs, well-beaten
1/2 c. sweet milk
1/2 tsp. nutmeg
1 c. nuts, chopped

Mix all ingredients. Bake at 350° for 1 hour covered and 15 minutes uncovered.

Ruby Varden

SWEET POTATO CASSEROLE

1 lg. can sweet potatoes *or* 3 med. fresh
1/2 c. butter, melted
1 tsp. vanilla extract
1 tsp. cinnamon
1 c. sugar
2 eggs
1/3 c. milk

Mash potatoes and mix with other ingredients. Pour into greased baking dish. Mix ingredients for topping and sprinkle over casserole. Bake in 350° oven for 25 minutes. Serves 8 to 10.

TOPPING:

1 c. light brown sugar
1/2 c. butter, softened
1/2 c. all-purpose flour
1 c. chopped pecans

Mix ingredients and sprinkle over top of sweet potato casserole.

Daisy Elliott

SWEET POTATO CUPS

Leftover sweet potato casserole
Oranges
Marshmallows

Cut oranges in half and scoop out pulp. Mix some of the juice from the oranges in the leftover sweet potato casserole. Spoon mixture into orange shells and bake in 350° F. oven for 15 minutes. Top with marshmallows and run in oven again long enough to brown marshmallows.

Peggy Collins

SPINACH PUDDING

1 can spinach, ground
1 tsp. green onion, chopped
1/4 tsp. garlic, chopped
3 eggs
1 tsp. onion, chopped
Dash nutmeg
1 c. bread crumbs

Mix all ingredients well. Spray top of double boiler with Pam. Pour mixture into it and place over boiling water. Cover. Cook for 30 minutes over medium heat. Stir once or twice. Serve hot with 1 stick of butter, melted, poured over top.

Lib Trail

SQUASH CROQUETTES

2 c. cooked yellow squash
1 lg. onion, chopped
1 lg. bell pepper, chopped
2 T. sugar
2 eggs
1/2 stick margarine
2 T. flour
Salt *and* pepper

Sauté onion and pepper in margarine. Mix all ingredients. (Drain squash well.) Form into balls about the size of an egg. Roll in bread crumbs and fry in deep fat. Allow at least 2 or 3 per person. This should feed six. This recipe is from Mrs. Burton's in Prattville.

Elsie Clemons

SQUASH CASSEROLE

1 1/2 *to* 2 lbs. yellow squash
4 sm. *or* 2 lg. carrots, grated
1 med. onion, grated *or* cut fine
1 sm. can *or* jar pimento, drained *and* chopped
1 can cream of chicken soup
1 c. sour cream
1 stick butter *or* margarine
1 pkg. Pepperidge Farms stuffing

Cook squash in salted water until tender, drain, mash and mix with other ingredients, *EXCEPT* butter and crumbs. Melt margarine and mix with crumbs. Add half of buttered crumbs to squash mixture. Use other half to line casserole and cover top. Bake 30 minutes at 350°. Serves 12.

Bernice Rubin

SQUASH CASSEROLE

2 lbs. fresh squash
1 can undiluted cream of chicken soup
1 can water chestnuts, sliced
1 stick butter
2 lg. onions
1/2 tsp. Lawry seasoned salt
1/4 tsp. black pepper
1 (8 oz.) pkg. Pepperidge Farms herb seasoned stuffing

Cook squash with onions, salt and pepper until water is cooked out (use about 1 cup), set aside to cool. Mix soup and water chestnuts. Melt butter with herb seasoned stuffing, line bottom of casserole with half of the mixture. Pour squash mixture in and add other half stuffing mixture. Bake 30 minutes at 350°. This freezes well. *Elsie Clemons*

SQUASH CASSEROLE

3/4 c. margarine
2 1/2 lbs. crookneck squash, coarsely chopped
2 lg. onions, chopped
1 (6 oz.) pkg. Stove Top corn bread stuffing mix
1 (16 oz.) lg. can evaporated milk
1 1/4 c. grated American cheese

In a large skillet, sauté onions and squash in 3/4 cup margarine, until tender. Add corn bread stuffing and the package of seasoning. Stir thoroughly. If too dry, add more milk. Put into a lightly greased baking dish and bake for 1/2 hour or until brown and crusty. *'Cille Atkinson*

POSH SQUASH CASSEROLE

1 1/2 lbs. squash, cooked until just tender
2 med. onions, chopped fine
1 pkg. Pepperidge Farm stuffing
1 can cream of celery soup
1 carton sour cream
1 sm. jar pimento, cut fine
1 can water chestnuts, cut fine
1/2 green pepper, chopped fine
1 stick margarine, melted

Butter crumbs and put 1/2 in bottom of casserole. Mix other ingredients and pour over stuffing. Add other 1/2 stuffing on top. May add grated cheese or Parmesan. Bake at 350° for 30 minutes. Makes 2 casseroles. May be frozen. *Hazel G. Koch*

BAKED ACORN SQUASH

1 med. acorn squash
2 T. brown sugar
2 T. butter

About one hour before serving, preheat oven to 350°. Grease small baking pan, cut squash lengthwise in half; remove seeds. Place halves cut side down in baking pan and bake 30 minutes. Turn squash cut side up. Divide butter and brown sugar into each cavity. Bake 15 minutes longer or until squash is fork tender and butter and brown sugar melt. Makes 2 servings. Can be cut into smaller servings.

Catherine Moffat

STUFFED ACORN SQUASH

Cut 3 acorn squash into halves; remove seeds. Bake squash, skin side up, in a shallow pan at 350° in electric oven for 45 minutes. Fill with onion or mincemeat stuffing. Raise oven temperature to 400° and bake for 10 to 15 minutes more. Makes 6 servings.

ONION STUFFING:

1 chicken bouillon cube
2 T. boiling water
1 egg, slightly beaten
2 T. butter
Dash of pepper
1/2 c. minced onion
1 c. crushed herb seasoned croutons
1/2 tsp. salt

Remove cooked squash from shells; mash. Dissolve bouillon cube in water; add with egg to mashed squash. Melt butter, sauté onion. Add 3/4 cup of the croutons, salt, pepper and squash mixture. Spoon into squash shells; sprinkle with remaining 1/4 cup croutons.

MINCEMEAT STUFFING:

1/2 tsp. salt
1 1/2 c. prepared mincemeat
3 T. butter
1 1/2 c. chopped apple
Dash of nutmeg

Season squash halves with salt; dot with butter. Mix mincemeat and apple; spoon into squash halves. Sprinkle with nutmeg.

'Cille Atkinson

SUCCOTASH

To 1 can shoe peg corn add an equal amount of green limas or butter beans. Melt butter and sauté 1 small chopped tomato, 3 or 4 green onions and tops and 2 or 3 tablespoons chopped green peppers. Combine the mixture and heat. Serve hot. *Lib Trail*

TOMATO PUDDING

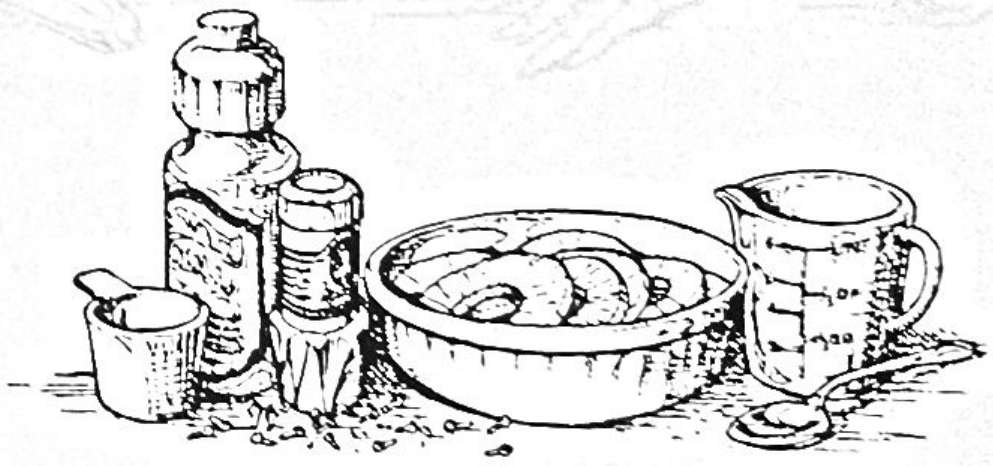
2 sm. cans tomato pureé
Dry bread
2 c. brown sugar
1/2 lb. butter
Just enough water to rinse out the pureé cans

Cut dry bread in small cubes and fill casserole (be sure to use dish with lid). Melt butter and pour over bread. Pour hot sauce over. Cover and bake in slow oven (350°) for 1 hour or until it is bubbling. Serve immediately. It will drop as soon as the lid is off. (This dish may be prepared early in the day and kept in the refrigerator until ready to cook.) *Rosalie Pratt*

HOT PINEAPPLE CASSEROLE

2 lg. cans chunk *or* crushed pineapple, well-drained
1 c. sugar
5 T. flour
1 1/2 c. Cheddar cheese, grated
3/4 c. crushed Ritz crackers
1 stick melted butter

Mix flour and sugar together and pour over pineapple which has been put into a greased, glass baking dish. Add cheese over top and then sprinkle cracker crumbs on top. Pour melted butter over all and bake at 350° for 30 minutes. Serve hot. *A Covenant Village Resident*



VEGETABLE MEDLEY CASSEROLE

Frozen carrots, broccoli, cauliflower
1 can cream of mushroom soup
1 can cream of chicken soup
1/3 c. sour cream
1 can Durkee onion rings
1 c. shredded Cheddar cheese

Thaw and drain vegetables. Mix soups, sour cream, 1/2 cheese and 1/2 can onion rings. Pour over vegetables. Microwave 8 to 10 minutes on *HIGH* covered. Remove and add remaining onion rings and cheese. Cook 1 to 2 minutes.

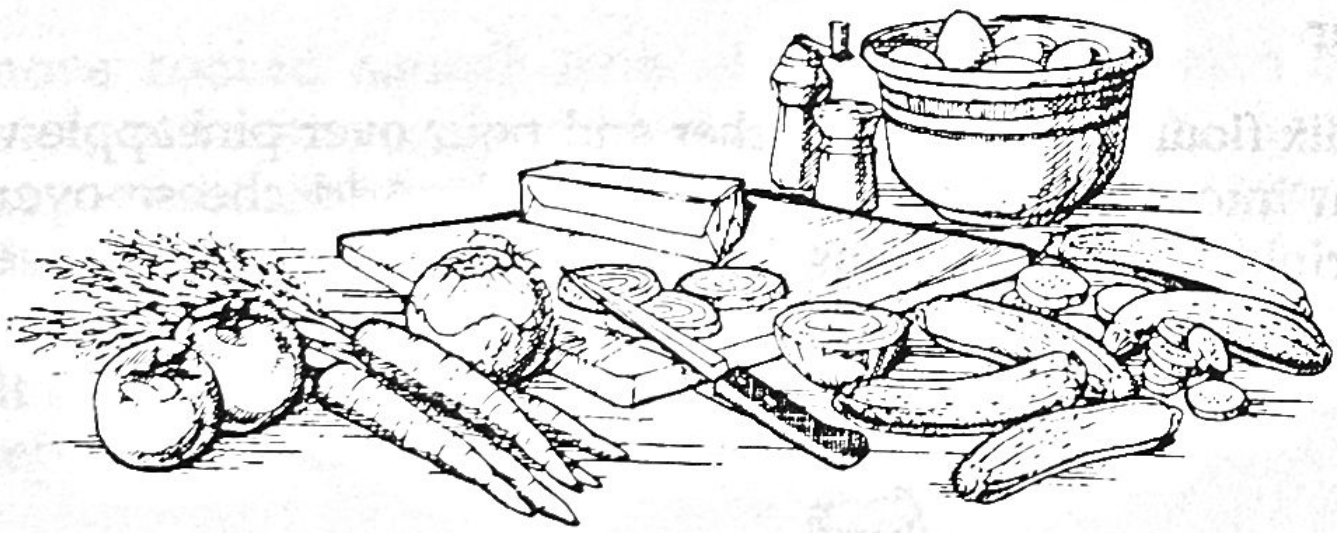
NOTE: If doubling recipe do *NOT* double soups. ***Nancy Dyer***

VEGETABLE MEDLEY

2 pkgs. frozen, cut asparagus
2 T. margarine
1 sm. can sliced mushrooms
1 (16 oz.) can shoe peg corn
1/2 tsp. salt
Dash black pepper

Cook asparagus as directed and drain. In a medium skillet melt the margarine, then add drained mushrooms, salt, pepper and corn. When hot, stir in asparagus and mix gently.

A Covenant Village Resident

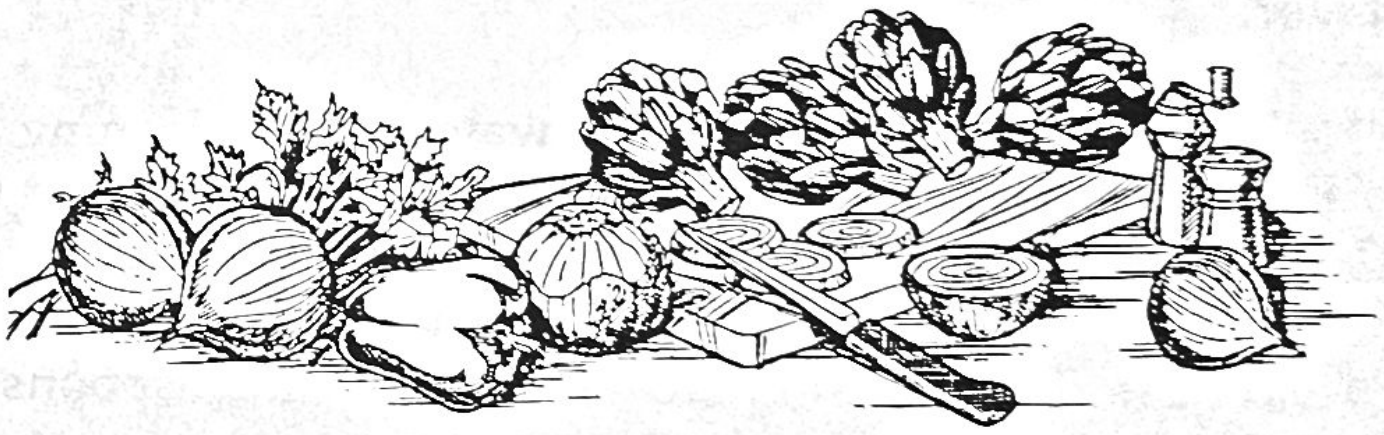


BETTYE'S MULTI-VEGETABLE CASSEROLE

1/2 c. mayonnaise
1 T. Worcestershire sauce
1 T. prepared mustard
1 med. onion, chopped
1 (17 oz.) can French-style green beans
1 (17 oz.) can English peas
1 (17 oz.) can lima beans
Salt *and* pepper, to taste
3 hard-cooked eggs, sliced
Fried onion rings (2 cans)
1 T. hot sauce
2 T. vegetable oil

Combine mayonnaise, Worcestershire, hot sauce, mustard, oil and onion in a mixing bowl; refrigerate overnight.

Next day, place vegetables in separate saucepans and bring to a boil; drain. Add salt and pepper to taste. Place mixture in a large buttered casserole. Layer hot vegetables, eggs and mayonnaise mixture. Bake at 350° F. for 10 minutes or until bubbly. Top with onion rings; return to oven to brown. Yield: 12 to 15 servings. *Peggy Collins*



Next time you are cooking cabbage, put a heel of bread on top of cabbage before putting the lid on the pot - there will be no odor. The bread has no effect on the cabbage and should be removed after cooking. Works for broccoli and Brussel sprouts too.

A deep or rich color generally indicates highest food value and flavor in vegetables. For example, the dark green outer leaves of leafy vegetables have more nutrients than the lighter colored inner ones. Also, bright orange carrots may provide more vitamin A than paler ones.

Beans are nutritional superstars. Packed with protein, low in fat and cholesterol, beans are one of the best sources of complex carbohydrates and dietary fiber. Suprisingly, beans contain more fiber per serving than most other vegetables, fruits, grains or cereals. A diet high in soluble fiber has been linked to such virtues as lowering cholesterol, maintaining blood sugar levels or body energy, and delaying feeling hungry.

Cook carrots with potatoes and then mash them all together. This makes the potatoes a slight orange color and produces an entirely new flavor.

Never immerse mushrooms in water when cleaning. They will absorb too much liquid. For prime mushrooms, buy only those with closed caps. The gills should not be showing.

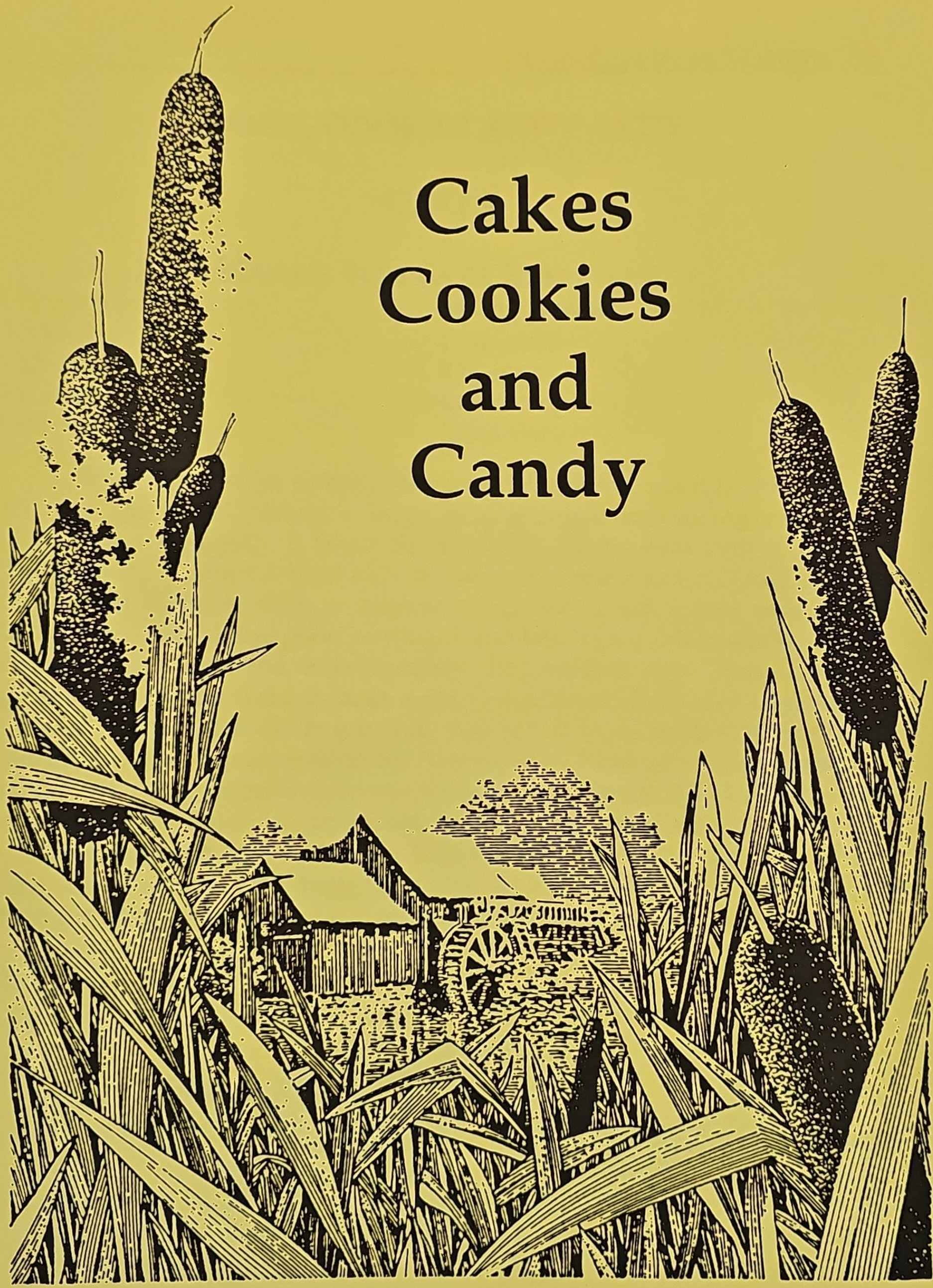
To reheat rice in the microwave, add 2 tablespoons water for each cup of rice. Cover and cook on high about 1 minute per cup.

To eliminate garlic odor, use it combined with plenty of chopped, fresh parsley.

Add a little milk to cooking cauliflower to keep it white.

§ § § § §

Cakes Cookies and Candy



CAKES, COOKIES AND CANDY

CAKES

MARK'S BEST EVER RUM CAKE

1 *or* 2 qts. rum
1 c. butter
1 tsp. sugar
1 c. fruit, diced
Lemon juice
Baking powder
1 tsp. soda
2 lg. eggs
Brown sugar
Nuts

Before you start, sample the rum to check for quality. Good, isn't it? Now go ahead. Select a large mixing bowl, measuring cup, etc. Check the rum again. It must be just right. To be sure rum is of the highest quality, pour 1 level cup of rum into a glass and drink it as fast as you can. Repeat. With an electric mixer beat 1 cup butter in a large fluffy bowl. Add 1 seaspoon of thugar and beat again. Meanwhile, make sure the rum is of the finest quality. Try another cup. Open second quart if necessary. Add 2 large eggs, 2 cup fried druit and beat until high. If druit gets tuck in greaters, just pry it loose with drewscriber. Sample the rum again, testing for tonscisticity. Next, sift 3 cups pepper or salt (it realy doesn't matter). Sample rum again. Sift 1/2 pint of lemon juice. Fold in chopped butter and strained nuts. Add 1 babblespoon of frown thugar, or whatever color you can find. Wix mell. Grease oven and turn cake pan to 350°. Now pour the whole mess into the coven and ake. Check the rum again and bo to ged.

Mark D. Leslie

Rum Cake

1 stick margarine
1 2/3 c. sugar
2 c. flour, sifted
1/2 c. Crisco
5 eggs

Cream together well the margarine, Crisco and sugar. Add the eggs, one at a time, beating well after each. Add the flour and mix well. Bake at 325° F. for 1 hour. Leave in pan and while hot stick holes in the cake with an ice pick.

Simmer together 3/4 stick real butter, 1 cup sugar and 3/4 cup rum until sugar is dissolved. While sauce is hot pour it over the cake. Leave cake in pan until cold. *Ruby Clayton*

Jell-O Surprise Cake

1 Duncan Hines white cake mix, baked according to pkg. directions using 2 round pans
2 pkgs. Jell-O (3 oz. size) (red *and* green *or* any two colors)
1 (9 oz.) Cool Whip

When cake is cool, remove from pans. Wash and dry pans. Make Jell-O as directed using each recipe separately and pour into pans. Let cool. Gently ease cake layers into pans with Jell-O. Refrigerate until solid. Turn top side down onto plate and frost with Cool Whip. The end result when cake is cut should be a layer of cake, a layer of red Jell-O, a layer of cake and a layer of green Jell-O. *Nancy Dyer*

Whipping Cream Pound Cake

Preheat oven to 300°. Bake 1 hour at 300° and 30 minutes at 325°.

1 stick margarine
1 c. Crisco
1/2 pt. whipping cream
3 1/2 c. cake flour
3 c. sugar
1/8 tsp. salt
1 tsp. vanilla flavoring
6 eggs

Cream sugar and shortening, add eggs, beat after each egg. Add flour and salt, then whipping cream and flavoring. *Alma Childs*

COCONUT POUND CAKE

1 c. shortening
2 1/2 c. sugar
1 c. milk
1 tsp. lemon extract
1 tsp. baking powder
1 1/3 c. coconut, freshly grated
or packaged
1 stick margarine
5 eggs
1/2 tsp. vanilla
1/4 tsp. salt
3 c. cake flour

Have ingredients at room temperature. Cream shortening, margarine and sugar. Add eggs one at a time and beat well. Combine milk and flavoring. Sift salt, baking powder and flour together. Add milk and flour alternately to creamed mixture, beating well after each addition. Fold in coconut. Pour into a greased and floured 10 inch tube pan. Bake at 325° for 1 1/2 hours or until cake tests done. Cool 10 minutes, remove from pan and place on rack to complete cooling.

A Covenant Village Resident

19TH CENTURY POUND CAKE

3 c. sugar
3/4 c. Crisco
1 *or* 2 tsp. vanilla flavoring
1 c. butter (*NOT* margarine)
4 c. regular flour, sifted 4 times
10 eggs

The original recipe was mixed by hand, but I use mixer for creaming butter, sugar and Crisco. I then add 2 tablespoons of the flour before adding eggs, one at a time. Then add vanilla and beat well. Mix the remaining flour by hand. Grease a tube pan with Crisco. Put the cake in a cold oven on the lower level at 300° for one hour and 15 minutes, then raise to 325° for 45 minutes. This recipe can be cut in half to make a smaller cake and baked for 1 hour and 45 minutes.

Jane Quenelle

Use arrowroot or cornstarch as a thickener instead of roux, which contains butter.

SOUR CREAM POUND CAKE

2 1/2 c. sugar
6 eggs
1 tsp. vanilla
3 c. plain flour
1/4 tsp. soda
2 sticks Fleischmann's margarine
1/2 tsp. salt
1 tsp. lemon extract
8 oz. carton sour cream

First set margarine and eggs out until they are room temperature. Next grease and flour a 10 inch tube pan. Set oven at 350°.

Second beat egg whites until stiff and set aside until last.

Third beat egg yolks and sugar a little at a time. Sift flour and soda together three times. Add flour and sour cream to egg whites. Beat. Add extracts and blend well. Pour in tube pan and bake for 1 hour and 10 minutes or until done.

Ruby Varden

STRAWBERRY ANGEL FOOD FLUFF

1 angel food cake
15 oz. jar strawberry glaze
1/2 c. lemon juice
1 can Eagle Brand milk
8 oz. Cool Whip, thawed
1 qt. strawberries, chopped

Combine Cool Whip and milk. Stir. Add lemon juice. Stir until thickened. Add 2/3 of glaze and 2/3 of strawberries. Cut cake into layers and spread filling between layers and on top. Mix remaining glaze and strawberries together and spread on top of cake. Keep in refrigerator.

OPTION:

Buy a can of any flavor frosting instead of following directions above for strawberry frosting. Spread filling on layers as above.

Mabel Langford

ITALIAN CREAM CAKE

2 c. sugar
1/2 c. shortening
2 c. flour, sifted, then measured
1 tsp. soda, mixed with milk
5 egg whites, beaten
1 stick butter
5 egg yolks, beaten
1 c. buttermilk
1 c. coconut, grated

Cream sugar, butter and shortening. Add beaten egg yolks, flour and buttermilk, alternating the flour and buttermilk. Add coconut and fold in egg whites. Bake at 350° for 25 minutes in 3 round cake pans. Cool before icing.

ICING FOR ITALIAN CREAM CAKE:

1 (8 oz.) pkg. cream cheese, softened
1 stick butter, softened
1 c. pecans, chopped
1 lb. box powdered sugar
1 tsp. vanilla

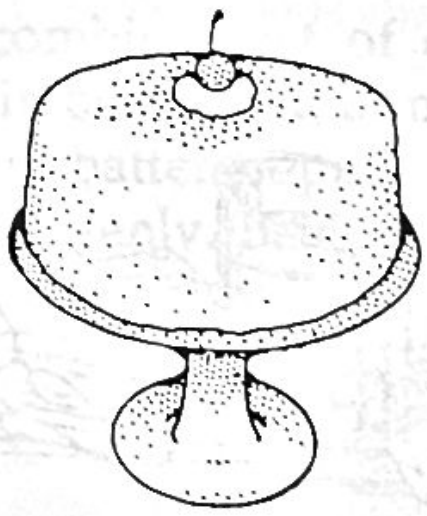
Mix all ingredients together and stir until well-blended. Spread between layers and on top of cake.

Effie Haber

GOLDEN ANGEL FOOD

Boil together 1 1/2 cups sugar and 1/2 cup water until it threads. Beat 6 egg whites until stiff. Pour hot syrup in whites slowly. Let cool five minutes. Add beaten egg yolks and 1 cup flour after sifting twice. Add 1/2 teaspoon cream of tartar and 1 teaspoon vanilla. Fold into egg mixture. Put into ungreased tube pan and place in cold oven and bake at 325° for 1 hour. Turn upside down and place wet towel over pan. Leave until cold about 2 hours. Run spatula around edges.

A Covenant Village Resident



HUMMINGBIRD CAKE

3 c. cake flour, sifted
1/2 tsp. salt
1 tsp. cinnamon
4 eggs, beaten
1 c. nuts, chopped
2 c. bananas, diced
2 c. sugar
1/2 tsp. soda
1 1/4 c. oil
1 sm. can crushed pineapple
1 tsp. vanilla

Sift together the flour, sugar, salt, soda and cinnamon. Add oil, eggs, pineapple and bananas. Fold in the nuts and vanilla. Bake in greased Bundt pan or tube pan for 1 hour and 25 minutes at 325°.

(A former resident's recipe) Submitted by Ann Lawrence

MISSISSIPPI MUD CAKE

2 sticks margarine
2 c. sugar
1/3 c. cocoa
3 tsp. vanilla
1 1/2 c. plain flour
1/2 tsp. salt
4 eggs
1 c. nuts, chopped

Cream margarine with sugar. Add other ingredients and bake in 9 x 13 inch pan for 45 minutes at 300°.

While hot, cover cake with 1 package miniature marshmallows and frost with chocolate frosting.

CHOCOLATE FROSTING FOR MISSISSIPPI MUD CAKE:

1 stick margarine
1 box powdered sugar
1 tsp. vanilla
1/2 c. cocoa
1/2 c. evaporated milk

Mix in order named and spread over cake.

Grace Jackson
Ruby Lee Reynolds

TINY FRUITCAKES

1 box red raisins
1 box white raisins
6 c. nuts, chopped
1 1/2 lbs. pineapple, candied
1 1/2 lbs. cherries, candied, chopped

Mix above together and dredge with 1/2 cup flour.

Combine to the following:

1 1/2 c. brown sugar
1 tsp. cloves
1 stick butter, softened
1 tsp. cinnamon
1 tsp. nutmeg
3 T. milk
3 c. flour
1 tsp. allspice
3 tsp. soda
3/4 c. whiskey *or* sherry

Mix well and put in tiny baking cups and bake at 300° for 30 minutes. Yields 180 cakes.

Vivian Carroll

SOCK IT TO ME CAKE

1 pkg. Duncan Hines Deluxe butter cake mix
1 c. sour cream
1/4 c. water
4 eggs
1/3 c. Crisco oil
1/4 c. granulated sugar

Preheat oven to 375°. Grease and flour 10 inch tube pan.

STREUSEL FILLING:

2 T. reserved dry cake mix
2 T. cinnamon
2 T. brown sugar
1 c. pecans, finely chopped

GLAZE:

1 c. powdered sugar
1 *to* 2 T. milk

Combine sugar and milk.

Proceed with cake: combine rest of cake mix with eggs, sour cream, oil, water and sugar in bowl. Beat at medium speed with electric mixer for 2 minutes. Pour 2/3 batter in pan. Sprinkle with streusel mix. Spoon remaining batter over evenly. Bake at 375° for 55 minutes. Cool, remove cake and drizzle glaze over cake.

Gwen Watson

BUTTERMILK CHOCOLATE CAKE

2 sticks margarine
4 T. cocoa
2 c. all-purpose flour
2 eggs
1 tsp. soda
1 c. water
2 c. sugar
1 tsp. salt
1/2 c. buttermilk

Mix margarine, water and cocoa, bring to a boil. Pour over mixture of sugar, flour and salt, then mix in eggs, buttermilk and soda. Put batter into a greased 13 x 8 inch pan. Bake at 300° for 1 hour.

ICING:

1 stick margarine
4 T. cocoa
1 c. nuts, chopped
6 T. buttermilk
1 tsp. vanilla

Bring the margarine, buttermilk and cocoa to a boil. Then add vanilla and nuts. Pour over hot cake.

Alma Childs

CARAMEL FILLING

NOTE: This filling is good with a standard 1-2-3-4 cake recipe made without flavoring.

2 1/2 c. sugar
1 c. whole milk
Tiny pinch of salt
1 tsp. white Karo syrup
2 tsp. cake batter, reserved from 1-2-3-4 1/2 c. sugar cake

Combine 2 1/2 cups sugar with milk and Karo in a heavy saucepan and bring to a boil. Put the 1/2 cup of sugar in a small skillet and melt into a light brown syrup stage. Add slowly to the boiling Karo mixture, mixing thoroughly. Cook until the mixture thickens slightly. Add 2 teaspoons cake batter and stir until a soft (but firm) ball forms when a bit is dripped into a cup of cold water. Do *NOT* let this mixture overcook!! Pour into a bowl and beat until creamy and thick enough to spread. This is enough filling for a 2 layer cake.

Effie Haber

MOTHER'S SOUTHERN DEVIL'S FOOD CAKE

1 c. butter
2 c. sugar
4 eggs
2 c. flour
1/2 c. cocoa
1 tsp. soda
1 c. *strong* cold coffee
1 tsp. vanilla
2 T. bourbon

Cream butter until soft; add sugar gradually, beating until light and fluffy. Add eggs and beat thoroughly. Measure flour and cocoa and sift together. Dissolve soda in 2 tablespoons of the coffee, and add to rest of coffee. Add dry ingredients alternately with coffee to creamed mixture. Beat until well-blended. Add vanilla, then bourbon. Pour into greased layer pans and bake at 350° for 30 minutes. Yield 2 large layers.

FROSTING:

3 c. sugar
2 (heaping) T. white Karo
3/4 c. milk
1 stick margarine
1/4 tsp. salt
1 tsp. vanilla
1 tsp. almond flavoring
1 c. marshmallows

Bring slowly to a rolling boil and boil 2 minutes. Remove from heat and add marshmallows. Cool to lukewarm and beat until thick enough to spread. It takes a *lot* of beating. *Do not boil over 2 minutes.* Will keep moist for a long time in refrigerator. ***Mary Lou duBell***

LEMON FILLING

NOTE: This filling is good with a standard 1-2-3-4 cake recipe made without flavoring.

2 c. sugar
2 eggs, beaten
1/2 c. flour
Grated rind of 2 lemons
2 T. butter *or* margarine
1/2 c. lemon juice

Mix sugar and flour in a heavy saucepan. Add hot water and lemon juice and cook over medium heat. Add eggs slowly to boiling mixture, stirring constantly. Add butter and lemon rind and cook mixture until thick. Remove from heat and cool slightly. This is enough filling for a 2 layer cake. ***A Covenant Village Resident***

JULIE'S "YOUTHFUL" CARROT CAKE

2 c. sugar
4 eggs, unbeaten
1 tsp. baking powder
2 jars junior baby food carrots
1 tsp. salt
3/4 c. pecans, chopped (optional)
2 c. flour
1 1/2 tsp. soda
2 tsp. cinnamon
1 1/2 c. Wesson oil

Cream sugar and oil until light and fluffy. Add eggs and cream well. Sift flour, salt, soda, baking powder and cinnamon and add to batter. Fold in carrots and pecans. Pour into three 9 inch greased cake pans. Bake 30 to 40 minutes at 300°.

ICING:

1 box powdered sugar
2 tsp. vanilla
8 oz. cream cheese, softened
1/2 stick margarine, softened
1 c. pecans, chopped

Mix cream cheese and margarine. Add sugar gradually and then add vanilla. Stir in pecans last. Frost when layers are cool. This cake keeps better in the refrigerator.

Julie Lawson

COOKIES

POTATO CHIP SHORTBREAD COOKIES

4 sticks butter
1 tsp. vanilla
1 c. chopped pecans
1 c. sugar
3 1/2 c. flour
2 c. crushed potato chips

Preheat oven to 350°. Cream butter and sugar. Add vanilla and flour. Stir in nuts and potato chips. Drop by teaspoonsful onto greased cookie sheet. Bake for 15 minutes. These cookies will not spread out while baking.

Nancy Dyer

Before storing tomatoes, place in boiling water for a few seconds. Refrigerate. Skins will slip off when you are ready to use them.

Caramel Brownies

1 box German chocolate cake mix
1 bag caramels (14 oz.)
1 c. semi-sweet chocolate chips (6 oz.)
3/4 c. butter
2/3 c. Pet evaporated milk
1 c. broken up pecans

Melt caramels in double boiler with 1/2 cup evaporated milk. Melt the butter and mix with cake mix and 1/3 cup of evaporated milk. Add pecans to this last mixture. Grease and flour 13 x 9 x 2 inch glass pan. Place 1/2 of the cake mixture in pan and bake for 8 minutes at 350°, sprinkle chocolate chips and caramel on top, put remaining cake mixture on top, drop evenly, try to cover. Bake for 18 to 20 minutes longer.

Teri Hoyt

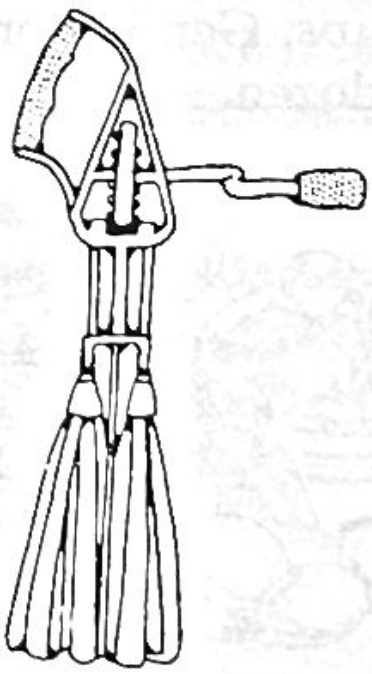
Brownies

"The Nice ld-Fashioned Chewy Kind"

1/3 c. butter
2 sq. unsweetened chocolate
1 c. sugar
2 eggs
1/3 tsp. salt
1/2 c. sifted all-purpose flour
1/2 c. chopped walnuts
1 tsp. vanilla extract

Melt butter and chocolate in top of double boiler. Remove from heat, and add remaining ingredients. Pour into well-buttered 8 x 8 x 2 inch pan, and bake in preheated 325° F. oven for 25 minutes. Yield: 16 brownies.

Peggy Collins



SAUCEPAN BROWNIES

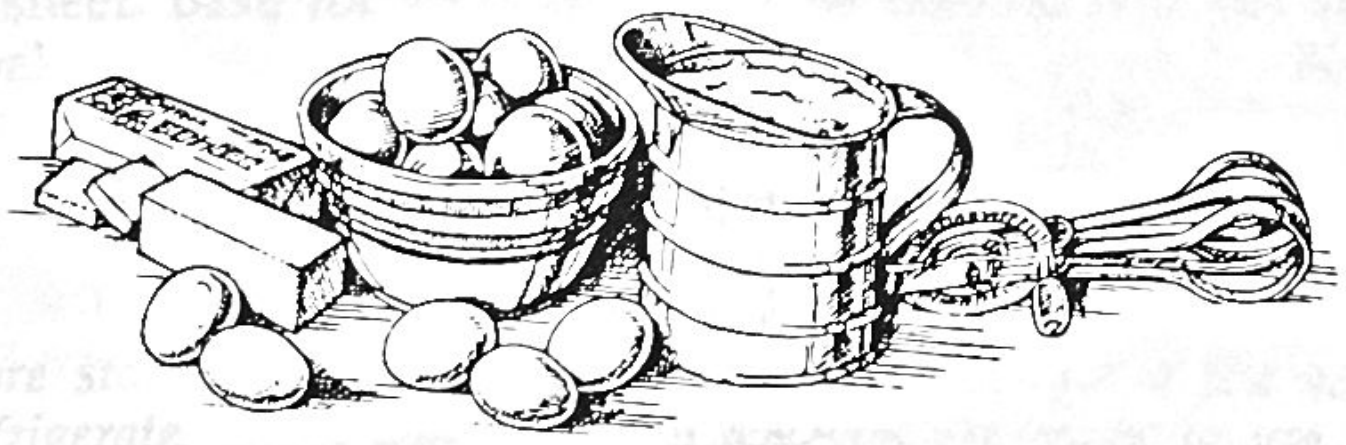
3/4 c. sifted flour
1/2 c. white sugar
1/2 tsp. baking powder
1/2 c. brown sugar, packed
1/2 tsp. salt
1 tsp. vanilla
1/3 c. butter, softened
2 eggs
2 sq. unsweetened chocolate
1/2 c. chopped nuts

Sift together flour, baking powder, salt. Set aside. In a medium-size saucepan, over low heat, melt butter and chocolate, stirring constantly. Remove saucepan from heat and let mixture cool. Then add sugars and vanilla. Mix thoroughly. Add eggs one at a time, beating after each addition. Blend in dry ingredients, flour first, then nuts - mixing thoroughly. Spread batter in 8 inch square baking pan. Bake at 350° F. for 30 to 35 minutes. Cool. Cut into squares. *Claudia Manley*

SOUTHERN BELLES

2 c. flour
1 c. butter, softened
1 1/2 *to* 2 c. whole pecans
1 3/4 c. packed light brown sugar
1 1/2 c. milk chocolate chips

Preheat oven to 350°. Mix flour, 1 cup brown sugar and 1/2 cup of the butter until crumbly. Press on the bottom of ungreased 9 x 13 inch pan. Sprinkle with single layer of pecans. Combine remaining butter and brown sugar in a small saucepan and boil for 1 minute. Pour over pecans and crust making a very thin layer. Bake 18 to 22 minutes or until caramel layer bubbles. Remove from oven and immediately sprinkle with chocolate chips. Gently spread as chocolate melts. Cool and cut into bars. Makes 3 dozen. *Nancy Dyer*



CHOCOLATE COOKIES

1 can Eagle Brand
1/2 stick margarine
1 c. pecans, finely chopped
1 (12 oz.) pkg. semi-sweet chocolate chips
1 c. plain flour

Melt together in double boiler the milk, chips and margarine. Remove from heat. In same pan add other ingredients. Drop on ungreased cookie sheet. Bake at 350° for 7 minutes *NO LONGER*. Cool on waxed paper.

Genie Pruett

PEANUT BUTTER COOKIES

1 c. Crisco
1 c. brown sugar
2 eggs
3 c. all-purpose flour
1/2 tsp. salt
1 c. sugar
1 c. peanut butter
1 tsp. vanilla
2 tsp. soda

Cream Crisco, sugars, peanut butter, vanilla and eggs. Add flour, soda and salt. Roll in balls the size of a walnut. Put cookie balls on cookie sheet and press with fork which has been dipped in flour. Bake 10 minutes at 350°.

Viola Fields

FORGOTTEN COOKIES

2 egg whites
1 c. chocolate chips *or* caramel chips
1 c. pecans *or* walnuts, chopped
1 c. Rice Krispies *or* corn flakes *or* both
2/3 c. sugar
Pinch of salt
1 tsp. vanilla

Beat egg whites until foamy. Add sugar gradually until very stiff. Add vanilla and salt. Cut beaters off. Add other ingredients and fold in. Preheat oven to 350°. Cover cookie sheet with aluminum foil. Drop by teaspoonsful. Put in oven and close at once. Cut oven off. Leave overnight or for about 8 hours.

Bernice Rubin

DATE BALLS

2 sticks margarine
1 c. sugar
2 c. Rice Krispies
Powdered sugar
1 (8 oz.) pkg. dates, chopped
1 c. pecans, chopped
1 tsp. vanilla

Combine margarine, dates and sugar in saucepan and cook until thick. Remove from heat and add nuts, Rice Krispies and vanilla. Mix well. Make into balls and roll lightly in powdered sugar.

Magnolia R. Michaels

DATE SQUARES

Cream together 1 cup sugar and the yolks from 4 eggs. Then add 1 cup flour which has been measured before sifting and 2 level teaspoons baking powder. Add 1 teaspoon vanilla, 2 cups broken walnut meats or pecans. Add the chopped dates which have been sprinkled with flour. Fold in 4 egg whites which haven been beaten stiff. Bake in 350° oven about 20 to 30 minutes. Cut into squares.

Alice Jenkins

BROWNIES

2/3 c. sifted flour
2 sq. unsweetened chocolate
1/2 tsp. baking powder
2 eggs
1/2 c. nuts, broken
1/8 tsp. salt
1 c. sugar
1/3 c. butter *or* margarine
1 tsp. vanilla

Sift flour, baking powder and salt. Melt butter and chocolate over hot water. Beat eggs well; add sugar gradually, beating well. Beat in melted chocolate and margarine. Mix in flour, then nuts and vanilla. Bake in a greased 8 x 8 x 2 inch pan in a 350° oven about 25 minutes. Cool in pan. Cut into squares or rectangles. Makes about 20 brownies.

A Covenant Village Resident

CHRISTMAS COOKIES

1 c. butter
1 c. sugar
2 T. milk
2 1/2 c. flour, sifted
3/4 c. flaked coconut
3/4 c. cherries, chopped
1/2 c. candied pineapple, chopped
1/2 c. pecans, chopped
1 tsp. vanilla

Cream butter and sugar; blend in milk and vanilla. Stir in flour, candied fruit and nuts. Form into two rolls, roll in coconut, wrap and chill. Slice, place on ungreased cookie sheet, and bake at 375° for about 12 minutes. *Effie Haber*

CHOCOLATE PEANUT BUTTER BALLS

2 sticks margarine, soft
12 oz. peanut butter (can use crunchy)
1 box powdered sugar

Mix together. Roll into 1 inch balls and chill. In double boiler melt 12 ounces Hershey bars and 1/2 block paraffin. Stick toothpick into ball and dip in chocolate. Put on waxed paper to cool. *Evelyn Garrett*

TEA CAKES

1 c. sugar
2 sticks margarine
1 c. oil
2 eggs
2 tsp. vanilla
4 1/2 c. plain flour
1 tsp. baking powder
1 tsp. soda
1 tsp. cream of tartar
1 c. powdered sugar

Mix first 5 ingredients. Add flour sifted with baking powder, soda, cream of tartar and sugar. Drop by 1/2 teaspoon on greased cookie sheets. Bake at 325° for 15 minutes. Yield: 6 dozen. *Alma Childs*

Place a tin of vinegar on the stove top next to cooking cabbage to absorb the odor.

CANDY

CANDIED PECANS

1 c. sugar
1/2 c. water
1 tsp. salt
1 qt. pecan halves

Cook sugar and water until it spins a thread. Add salt and pecans. Stir together quickly and spread out on waxed paper.

Effie Haber

DIVINITY

3 c. sugar
1 c. white Karo
1/2 c. water
2 egg whites, beaten

Cook sugar, Karo and water to 248°. Stir into beaten egg whites. Nuts and flavoring may be added, if desired.

Effie Haber

PEANUT BRITTLE

1 1/2 c. sugar
1/2 c. white Karo
2 c. raw peanuts
1/4 c. hot water
1/2 inch paraffin

Mix together and cook until it spins a thread. Add the raw peanuts. Cook until syrup turns tan. Remove from heat, add 1/2 stick margarine, 2 teaspoons soda and stir until well-mixed. Pour out onto a greased cookie sheet and cool. Break up.

Effie Haber

FUDGE

Mix in a heavy two quart saucepan 2 cups sugar, 2/3 cup skimmed Pet milk, 12 regular marshmallows, 1/2 teaspoon butter and a few grains of salt. Cook, stirring constantly over medium heat to a boil. Boil and stir 5 minutes. Remove from heat. Stir in, until melted, a 6 ounce package semi-sweet chocolate chips. Stir in 1 cup cut up nuts and 1 teaspoon vanilla. Spread in a buttered 8 inch square pan. Cool. Cut into 30 pieces.

Anne Nusbaum

FOOL-PROOF CHOCOLATE FUDGE

2 c. sugar
1/3 c. white Karo
Lump of butter
1 tsp. vanilla
2 sq. bitter chocolate
1/2 c. milk
Pinch of salt
1 c. chopped nuts

Mix all ingredients except nuts and bring to a rolling boil for 3 minutes. Beat until thick. Add nuts and pour onto a buttered platter. Cool and cut into squares.

A Covenant Village Resident

POTATO CANDY

1 med. Idaho potato, boiled
Peanut butter (enough to spread over above mixture)
1 box powdered sugar

Peel and mash potato. While warm mix sugar and potato. Roll out to 1/4 inch thick, spread top with peanut butter and roll like a jelly roll. Chill and slice. Keeps well.

Alma Childs

PRALINES

VARIATION I:

5 c. sugar
1 (14 oz.) can condensed milk
1 c. milk
5 c. pecans
1 tsp. salt
1 stick margarine
1 T. vanilla

Combine sugar and milks in a large, heavy saucepan. Stir until melted. Add pecans and let the mixture come to a boil. Boil for 20 minutes, stirring constantly. Add salt, butter and vanilla. Remove from heat and beat a few more strokes. Spoon onto waxed paper and let cool. Yield: 6 to 6 1/2 dozen. This recipe can be halved.

A Covenant Village Resident

PRALINES

VARIATION II:

3 c. light brown sugar, firmly packed
1/4 tsp. cream of tartar
1/8 tsp. salt
2 1/4 c. pecan halves
1 c. evaporated milk
2 T. butter
1 tsp. vanilla

In saucepan, combine sugar, cream of tartar, salt and milk. Stir over low heat until sugar dissolves. Cook to 236° or 238° on a candy thermometer, or soft ball stage. Cool to 220°. Add butter, flavoring and pecans. Beat by hand until creamy. Drop onto waxed paper and let harden. Yield: 2 to 2 1/2 dozen. ***A Covenant Village Resident***

PRALINES

VARIATION III (ALABAMA PRALINES):

1 c. buttermilk
2 c. granulated sugar
1 tsp. soda
Dash salt
1 1/2 c. chopped pecans
1 tsp. vanilla extract

In saucepan combine buttermilk, sugar, soda and salt. Bring to a boil and simmer until mixture forms a hard ball when dropped into cold water. Do not stir more than necessary during this cooking period. Remove from heat. Add pecans and vanilla extract. Beat until *DULL*. Drop by a tablespoon onto foil. Let stand at least 30 minutes to cream and harden.

NOTE: Humidity will cause pralines to become sugary.

Mabel Langford

Mexican Orange Candy

1 c. sugar
1 1/2 c. milk
2 c. sugar
Grated rind of 2 oranges
Pinch of salt
1/2 c. butter
1 c. nuts

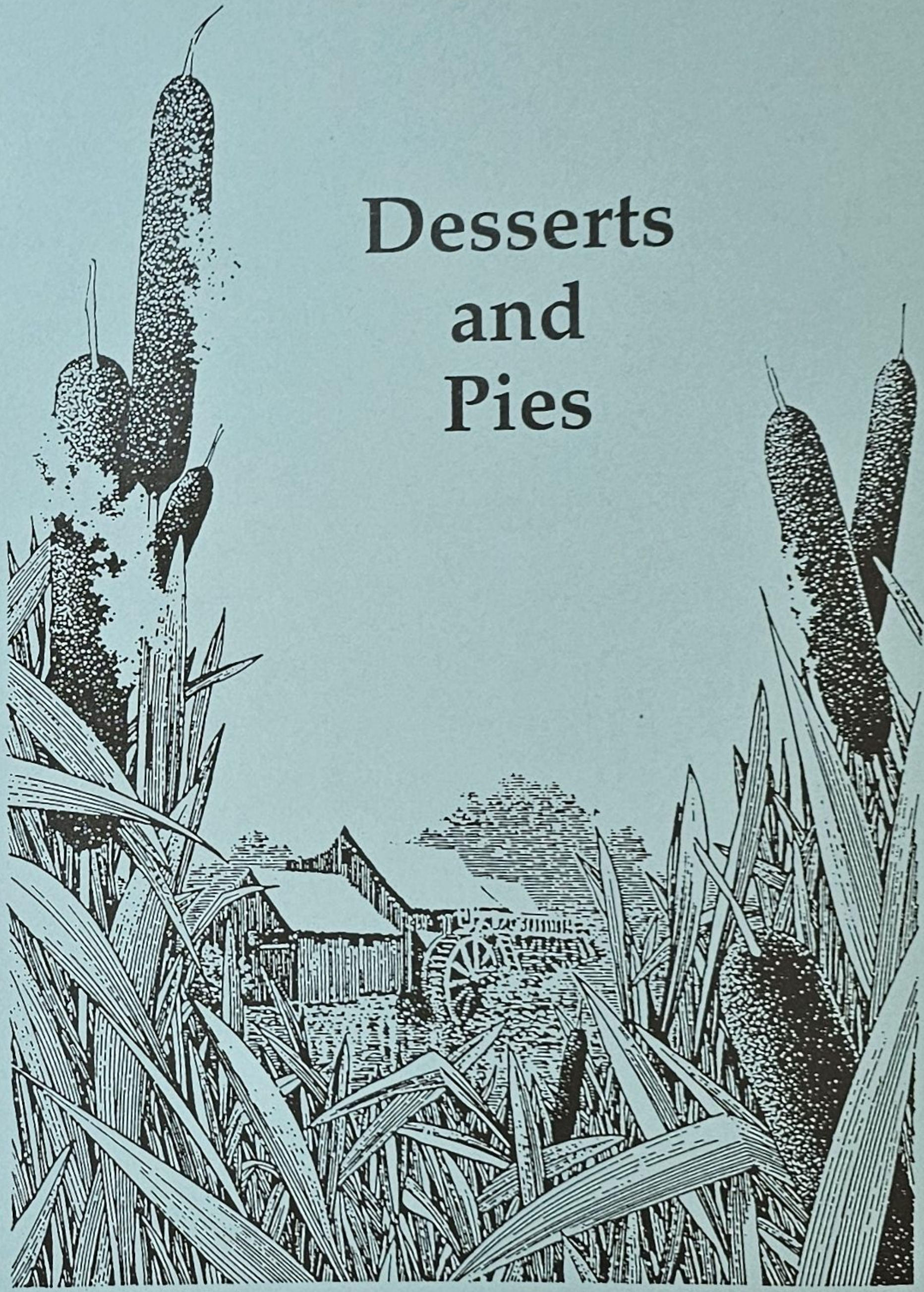
Melt the first cup of sugar in a large saucepan over medium heat, while the milk is scalding in another pan. When the sugar is melted (stir continually and watch to keep from scorching), add the hot milk, all at once, stirring. Add the other two cups of sugar to this mixture. This will cause a hard ball in the mixture, but keep stirring until dissolved. Cook until it forms a hard ball in water or use a candy thermometer. Just before it is done, add grated orange rind, salt, butter and nuts. Remove from heat and beat until creamy and pour into a buttered 9 x 9 inch pan to cool. Cut into squares when cooled. Yield 2 dozen squares.

Mabel Langford

ADDITIONAL RECIPES

§ § § § §

Desserts and Pies



DESSERTS AND PIES

SYLLABUB

1 qt. whipping cream 1 pt. regular milk

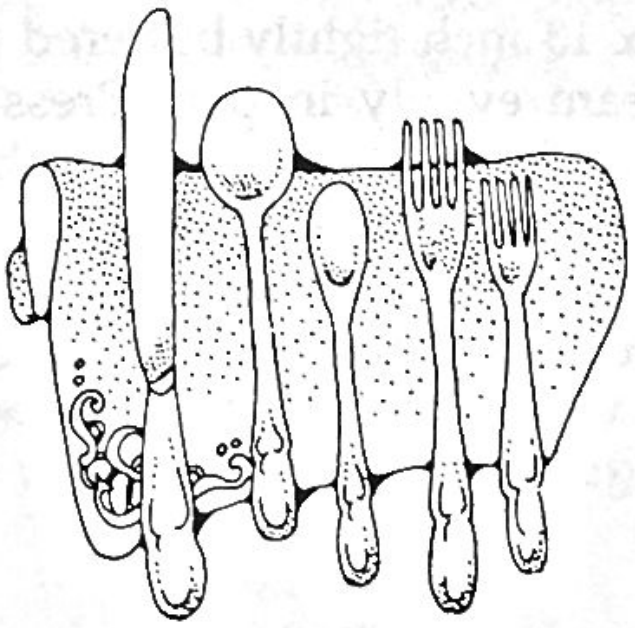
Sweeten to taste and also add sherry to taste. Churn in syllabub churn and as foam (or bubbles) rise - skim foam off into glasses or goblets and eat with a spoon. *Sabie Phillips*

NO COOK DESSERT

Cover a 12 x 12 inch dish with slices of cake (angel food is best). Sprinkle with beverage of your choice, but do not soak. Drain No. 2 can of fruit cocktail and cover cake. Make 1 (8 ounce) instant pudding mix (either lemon or vanilla) and cover fruit. Top with whipped topping (8 ounces). Sprinkle with chopped nuts. Refrigerate and cut in squares to serve. Best when made day before serving. *Hazel Koch*

INSTANT CHARLOTTE

Mix 1 large instant vanilla pudding, using only 3 cups of milk. Add 1 large whipped topping and mix well. Mix 2 packages of plain gelatin with 1/3 cup liquid of your choice and dissolve over hot water until clear. Gradually add to custard being careful it does not lump. Refrigerate until firm. May be poured into individual serving dishes. Top with cherry. Sprinkle with nutmeg if desired. *Hazel Koch*



ANGEL CREAM

1/2 c. sugar
Dash salt
1 1/2 c. sour cream
1/2 c. heavy cream
Raspberries, blueberries, strawberries, peaches
1 envelope unflavored gelatin
1 c. boiling water
1 tsp. vanilla extract

In a large bowl, combine sugar, gelatin and salt; mix well. Add boiling water and stir until gelatin is completely dissolved. With whisk beat in sour cream and vanilla. Chill, stirring occasionally, powdered sugar and pinch of salt. Stir until smooth. Beat yolks until mixture mounds slightly from a spoon. In chilled bowl (chilled beaters) whip cream until soft peaks form. Fold whipped cream into sour cream mixture. Pour into a 4 cup mold. Cover with plastic wrap and refrigerate until set. Unmold and surround with fruit. *Nancy Dyer*

IOWA'S BEST GAMMIE CAROL'S CHOCOLATE SUNDAE DESSERT

1/2 box vanilla wafers, rolled into crumbs
1/2 c. butter *or* margarine
3 sm. pkgs. black walnuts, chopped
2 sq. unsweetened chocolate
1/2 c. butter *or* margarine
2 c. sifted powdered sugar
Pinch of salt
3 eggs, separated
1 qt. vanilla ice cream

Melt chocolate and butter together. When slightly cooled, add powdered sugar and pinch of salt. Stir until smooth. Beat yolks until frothy. Beat whites until they peak. Fold into chocolate mixture. Stir until smooth. Line a 9 x 13 inch lightly buttered pan with vanilla wafer crumbs. Spread ice cream evenly in pan. Press the chopped walnuts into the ice cream. If it melts while working with it, put back in freezer for a few minutes to harden. Take out and add chocolate egg mixture on top of ice cream. Top with the rest of vanilla wafer crumbs. Cover with Saran Wrap and return to freezer. Keeps indefinitely. Serves 16.

Julie Lawson

LAYERED PUDDING DELIGHT

This lusciously layered homemade dessert is easy when you know the secret.

14 whole graham crackers
1 pkg. (6 oz.) Jell-O instant vanilla pudding
1 c. thawed Cool Whip
1 can (21 oz.) cherry pie filling
2 c. cold milk

Line 9 inch square pan with whole graham crackers, breaking crackers if necessary. Prepare pudding mix with milk as directed on package for pudding. Let stand 5 minutes, then blend in whipped topping. Spread half the pudding mixture over the crackers. Add another layer of crackers; top with remaining pudding mixture and crackers. Spread cherry pie filling over top layer of crackers. Chill 3 hours. Serves 9.

Anne Nusbaum

FRUIT PIZZA

Duncan Hines sugar cookie mix - prepare as package directs and spread on Pam sprayed pizza pan. Soften a large (8 ounce) cream cheese and blend with 1/2 cup sugar. Spread over cooled cookie. Garnish with fresh fruits - strawberries, bananas, grapes. Very pretty and very good.

Nancy Dyer

BETTER THAN ROBERT REDFORD DESSERT

1/2 c. butter
1 c. flour
1 c. pecans, chopped
1 (8 oz.) cream cheese, softened
1 lg. container non-dairy whipped topping
1 c. powdered sugar
1 (6 oz.) pkg. instant vanilla pudding
3 c. milk
1 (6 oz.) pkg. instant chocolate pudding

Combine butter, flour and pecans well, like a pie pastry. Press into bottom of ungreased 9 x 13 x 1 inch pan. Bake 20 minutes at 350°. Cool completely. Blend cream cheese, sugar and half the whipped topping and spread over crust. Whip puddings and milk until blended; pour over cream cheese mixture. Chill 20 minutes. Spread on remainder of whipped topping and chill overnight. Yield: 12 servings.

Mary Lou duBell

NO-BAKE STRAWBERRY CHEESE CAKE

GRAHAM CRACKER CRUST:

1 c. graham cracker crumbs
1/3 c. butter, melted
2 T. sugar

In small bowl, combine crumbs, 2 tablespoons sugar and the butter; mix well with fork. Reserve 1/4 cup. With back of spoon, press rest of mixture on bottom of a 9 inch springform pan. Refrigerate.

CHEESE FILLING:

2 envelopes unflavored gelatin
1/4 tsp. salt
1 c. milk
3 pkgs. (8 oz. size) cream cheese (at room temperature)
2 T. grated lemon peel
1 tsp. vanilla extract
3 egg whites (at room temperature)
1 c. (8 oz.) sour cream
3/4 c. sugar
3 egg yolks
2 T. lemon juice
1/4 c. sugar

In small, heavy saucepan, combine gelatin, 3/4 cup sugar and the salt. In small bowl, with wire whisk, beat egg yolks with milk until smooth; gradually stir into gelatin mixture; mix well. Cook over medium heat, stirring until gelatin is dissolved and custard is thickened slightly (should form coating on metal spoon) -- about 5 minutes. Remove from heat; cool 10 minutes. In large bowl, with electric mixer at medium speed, beat cream cheese, lemon peel, lemon juice and vanilla until smooth - 3 minutes. Slowly add cooled custard, beating at low speed just to blend. Set in a bowl of ice water to chill, stirring occasionally, until mixture mounds (partially set) when lifted with spoon. Meanwhile, at medium speed and using clean beaters, beat egg whites until soft peaks form when beater is slowly raised. Gradually add 1/4 cup sugar, beating until stiff peaks form. Add beaten egg whites and sour cream to cheese mixture, beat at low speed just until smooth. Turn into the prepared pan, spreading evenly. Refrigerate until firm and well chilled -- at least 4 hours or overnight.

(Continued Next Page)

NO-BAKE STRAWBERRY CHEESE CAKE
(Continued)

GLAZE:

1/2 c. sugar
1 T. cornstarch
2 pts. fresh strawberries, washed *and* hulled

One hour before serving, make glaze. In small saucepan, combine sugar and cornstarch. With fork, crush 2 cups berries. Stir into sugar mixture with 1/4 cup water. Bring to boiling, stirring, until thickened and translucent. Strain; cool.

To serve, loosen side of pan with spatula; remove. Arrange some of berries over cake. Top with some of glaze. Sprinkle reserved crumbs around edge. Serve rest of berries in glaze. Serves 10 to 12.

Peggy Collins

COCONUT PINEAPPLE SQUARES

Mix together:

1/2 c. soft butter
1/4 c. sugar
1 1/4 c. sifted flour

Blend the butter and sugar together with a fork. Add the flour and mix well until crumbs are formed. Mix with hands into a soft dough and press firmly into the bottom of a 9 x 9 x 2 inch pan with about 1/2 inch extending up the sides of the pan. Prick dough with fork and bake in 350° oven for 15 minutes or until dough is a light brown.

Spread 1 cup well-drained crushed pineapple evenly over the crust. Mix 1/2 cup sugar to one well-beaten egg and mix well. Fold in 1 tablespoon melted butter and 1 1/2 c. Baker's or fresh grated coconut. Spread over the pineapple and return to the oven 20 minutes longer. Cool and cut into squares.

'Cille Atkinson

Fudge won't "sugar" if you add a dash of cream of tartar.

Chocolate Chip Pie

Spread 1/2 cup chocolate chips on bottom of thawed pie crust. Beat two eggs while adding 1 cup sugar, 1/2 cup plain flour, 1 teaspoon vanilla, 1 stick melted butter and 1/2 cup nuts. Pour mixture over chocolate chips. Bake at 350° for 30 to 45 minutes. *Deana Van Horn*

Japanese Fruit Pie

3 eggs, beat a few minutes
1 T. vinegar
1/2 tsp. salt
1/2 c. coconut, frozen
1 unbaked pie shell
1/2 c. raisins, soaked for a few minutes in hot water, drain
1 c. sugar
1/2 tsp. vanilla
1/2 *to* 1 stick margarine, melted
1/2 c. nuts

Mix ingredients and pour in unbaked shell and bake at 325° for 30 to 45 minutes or until pie is brown. *Evelyn Garrett*

Cheese Torte

Make the crust by combining 2 1/2 cups graham cracker crumbs 1 stick of melted butter, 1/4 cup sugar and 1 teaspoon cinnamon. Set aside 3/4 cup of this mixture and use the remainder to pat across the bottom and up the sides of a 9 inch greased springform pan. Place the following mixture into the shell:

1 lb. cottage cheese
4 egg yolks
1 (rounded) T. flour
1 tsp. lemon juice
1 c. sugar
1 pt. sour cream
4 egg whites, stiffly beaten
1 tsp. vanilla

Place cottage cheese and sugar in mixer. Blend at least 6 minutes. Add the egg yolks, one at a time, blending well after each addition. Fold in the sour cream, flour, beaten egg whites, lemon juice and vanilla. Pour mixture into pie crust and top with the 3/4 cup reserved crumbs. Bake in preheated 325° oven for about 1 hour and 15 minutes. Turn oven off and let pie remain in oven for an additional hour. Then top with the following cherry glaze.

(Continued Next Page)

CHEESE TORTE
(Continued)

3/4 c. juice from 1 can red pie cherries
1/3 c. sugar
2 T. flour
1/8 tsp. lemon rind, grated

Combine ingredients and cook in saucepan over low heat until thickened. Add 2 to 3 drops of red food coloring and gently mix in the drained pie cherries. Let the cherry glaze cool, then spread over the top of the Cheese Torte about 1/2 inch from the edge. *Edna Rosen*

PEPPERMINT FRUIT ROLL

1 1/2 c. White Lily self-rising flour
1/2 c. buttermilk (approximately)
1 stick margarine (approximately)
12 sm. sticks peppermint candy
1 can diluted frozen orange juice,
1 c. sugar diluted according to pkg. directions
3 (heaping) T. Crisco
2 *or* 3 ripe apples

Cut shortening and flour together; add milk and stir to stiff consistency; knead thoroughly and on waxed paper, roll thin. Cut into 7 inch squares.

In center of each square put 2 tablespoons fruit (pared and cut into small pieces); add 1 heaping tablespoon sugar, 1 stick candy (crushed in paper that it comes in); thick sliver of butter; pull ends of pastry together; turn over and place in pan (deeper than roll pan). Leave 1/4 inch between each roll. On top of each roll, place 1 tablespoon sugar; heavy sliver of butter and press 1/2 stick candy on very top. Pour orange juice in pan until rolls are about 2/3 covered. Bake in preheated oven (450°) until brown.

NOTE: In the late 1960's, Dr. Wiley Ogletree (Mrs. Ogletree's husband) won 1st place -- a white Ford Mustang with red interior -- in the White Lily flour contest with this recipe, which he developed.

Josephine Ogletree

COCONUT CREAM PIE

Place in a saucepan on the stove and bring to a boil: 1 1/4 cups of fresh milk, 1/2 cup of sugar and 1/2 teaspoon salt.

Then dissolve the following ingredients in 1/2 cup milk and beat together until smooth: 1/4 cup pastry flour, 2 1/2 tablespoons cornstarch, 1 egg and 1 egg yolk. When the mix in the saucepan has come to a boil, pour the dissolved starch, flour and egg solution in slowly, stir until thick and cook well. It is necessary to cook this thoroughly in order to eliminate all taste of starch and flour.

When this has been done, remove the mix from the fire, add 1/2 teaspoon vanilla and 1 tablespoon butter allowing this to melt. When the butter is thoroughly melted, stir into the mix well. This is important, due to the fact that egg whites are to be added to the mix and if the butter is not thoroughly incorporated, it will, on coming into contact with the egg whites, cause them to turn soft. So, be sure to stir the batter well.

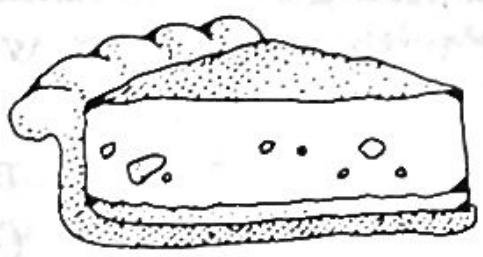
At this point, lighten the mix by making it porous. Pour the hot mix over two egg whites and 1/4 cup sugar which has been beaten in the following manner:

Add half the sugar when you start to beat the whites and the other half when they reach their peak of volume, then beat only long enough to dissolve the last half of sugar.

The hot cream mix and the beaten egg whites may be folded together either with a hand whip or a cake machine, and should be beaten until the egg whites are thoroughly incorporated in the mix.

This cream mix must be poured into pie shells when hot. Sprinkle with coconut. Allow to cool and cover with 1/2 cup of whipped cream.

A Covenant Village Resident



CHOCOLATE PIZZA

1 pkg. (12 oz.) semi-sweet chocolate chips
1 lb. white almond bark, divided
2 c. miniature marshmallows
1 c. crisp rice cereal
1 c. peanuts
1 jar (6 oz.) maraschino cherries, drained, halved
1/3 c. Angel Flake coconut
3 T. green maraschino cherries, drained, quartered
1 tsp. oil

Microwave chips and 14 ounces almond bark in 2 quart microwavable bowl, stirring occasionally. Continue microwaving until smooth. (can be marshmallow, cereal and peanuts.) Pour into greased 12 inch pizza pan or 9 x 13 inch Pyrex dish. Top with cherries, sprinkle with coconut. (I like it as well without cherries.) Microwave remaining 2 ounces almond bark and oil, until smooth. Drizzle over coconut. Refrigerate until firm. Store at room temperature. Cut into squares.

Evelyn Garrett

COTTAGE PUDDING

2 c. flour
3 tsp. baking powder
1/3 tsp. salt
1 c. milk
3/4 c. sugar
1 egg
2 T. oil

Sift together flour, salt and baking powder. Add sugar and mix to stiff batter with egg, oil and milk. Bake in individual greased molds about 1/2 hour. Serve with Mystery Sauce (See Sauces, etc.) *Lib Trail*

CANARY PUDDING

3 eggs
1/2 c. butter
2/3 c. sugar
Grated rind of 1 lemon
1 tsp. baking powder
3/4 c. flour

Melt butter in saucepan. Add sugar, then flour and baking powder, sifted together. Add lemon rind and last add well beaten eggs. Pour in greased custard cups and put in baking pan to which water has been added. Steam 45 minutes. Serve hot with or without Mystery Sauce (see Sauces, etc.)

Lib Trail

BREAD PUDDING

1 qt. of milk, heated
Add:
2 c. white bread crumbs
1/2 c. sugar
3 eggs, beaten
1 T. butter
1/2 tsp. salt
1/2 c. white raisins

Bake 50 minutes at 350° or until spoon comes out clean.

Viola Fields

EGG CUSTARD

4 whole eggs
1/2 tsp. salt
1/2 tsp. almond extract
Butter
1/3 *to* 1/2 c. sugar
1/2 tsp. vanilla
4 c. milk

Beat eggs until mixed. Add sugar, salt and flavorings. Stir slightly. Heat milk to scalding and add gradually, while stirring, to egg mixture. Pour into a large buttered bowl or individual molds. Dot with butter and sprinkle with nutmeg. Place bowl in a pan of cold water. Bake at 325° for 30 to 60 minutes depending on size of bowl or individual molds. Cook large mold for 1 hour. It is done when a silver knife inserted in center comes out clean.

Lib Trail

RUM CUSTARD

1 pkg. (3 oz.) Jell-O vanilla instant pudding
1 3/4 c. cold milk
1/4 c. rum
1 med.-size Cool Whip

Put rum and milk in bowl. Sprinkle pudding mix over liquid. Beat at high speed for 3 minutes. Fold in Cool Whip.

NOTE: a small amount of Cool Whip may be reserved to swirl on top of dessert.

Lucile Marks

FRIED ICE CREAM

1 qt. vanilla ice cream
2 eggs
1/2 tsp. vanilla extract
3/4 c. graham cracker crumbs
1 (3 oz.) pkg. slivered almonds, finely ground
1/2 c. flaked coconut

Place 8 scoops of ice cream on a cookie sheet; freeze at least 1 hour or until firm.

Combine eggs and vanilla; mix well and divide in half. Cover half the mixture and chill.

Roll each ice cream ball in ground almonds, coating well. Dip in beaten egg mixture and dredge in graham cracker crumbs until thoroughly coated. Place on a cookie sheet, cover and freeze for at least one hour or until firm. Remove from freezer and dip in remaining egg mixture and dredge in remaining graham cracker crumbs. Return to cookie sheet and freeze for several hours or until firm.

Heat deep oil to 375° F. before taking ice cream out of freezer. Fry ice cream for 30 seconds or until golden brown. Drain on paper towels and serve immediately. Serve with chocolate sauce or honey.

Peggy Collins

FROZEN DELIGHT

8 oz. cream cheese
10 oz. pkg. frozen strawberries with juice
1/2 c. pecans, chopped
1 lg. can crushed pineapple, drained
1/2 c. sugar
8 oz. Cool Whip

Blend cream cheese and sugar. Add all other ingredients. Pour in muffin tins, lined with paper cups. When frozen, remove from tins and store in plastic bags.

Mary Lou Sylvest

If you are melting chocolate in a double boiler or a custard cup set in a pan of water, do not boil the water as this will only thicken or curdle the chocolate.

BANANA SPLIT PIE

2 c. graham cracker crumbs
2 eggs
1 tsp. vanilla
3 lg. bananas, sliced
1 (12 oz.) container Cool Whip
1/4 c. pecans, chopped
1/4 c. maraschino cherries, chopped
1 c. crushed pineapple, drained
2 sticks butter
2 c. powdered sugar
Dash of salt

Mix together 1 stick of butter and graham cracker crumbs. Press into a large oblong dish 13 x 9 x 2 inches. Beat together for 15 minutes, 1 cup butter, eggs, sugar, vanilla and dash of salt. Pour this over the graham cracker crust. Layer the following: crushed pineapple, bananas and Cool Whip. Garnish with chopped nuts and chopped cherries. Refrigerate 8 hours before serving. *Mary Lou duBell*

PINEAPPLE AND BANANA PIE

1 (No. 2) can crushed pineapple
1/4 stick margarine
4 bananas
1 lg. Cool Whip
6 T. flour
1/2 c. sugar
2 pie shells, baked
Pecans, finely chopped

Cook pineapple, flour, margarine and sugar together until clear and thick. Pour in pie shells and slice bananas on top. Spread Cool Whip over each pie and sprinkle with finely chopped pecans. Refrigerate. *Gwen Watson*

EGG CUSTARD PIE

5 eggs
2 c. milk
1 T. butter
1 c. sugar

Beat eggs well and add other ingredients. Cook on top of stove until butter melts, then pour into unbaked pie shell. Bake at 425° about 30 to 45 minutes. Don't overcook. *Effie Haber*

COCONUT FLUFF PIE

16 graham crackers, crushed
1/2 c. butter
1 c. shredded coconut, toasted
4 egg whites
1 tsp. vanilla
1 c. peaches, sliced
1 1/2 c. heavy cream
1 tsp. vinegar
1/4 tsp. salt
1 c. sugar *plus* 2 T.

Combine crushed crackers and butter. Put firmly in greased pie pan. Beat egg whites until frothy. Add salt and vinegar. Beat until stiff, gradually adding 1 cup sugar. Spread meringue in the pan over the cracker crust and bake at 275° for 1 hour and 15 minutes. Cool. Whip cream and fold in 1/2 cup coconut, 2 tablespoons sugar and vanilla. Arrange peaches on the filling and spread the cream on top. Sprinkle with the other 1/2 cup toasted coconut. Refrigerate. *Vivian Carroll*

FRENCH SILK PIE

3/4 c. soft margarine
2 1/2 sq. unsweetened chocolate
1 baked pie crust shell
1 c. *plus* 2 T. sugar
3 eggs
1 tsp. vanilla
8 oz. Hershey candy bar

Blend margarine. Gradually add sugar. Beat well. Stir in melted chocolate, then vanilla. Add eggs, one at a time, and beat each egg for 5 minutes. It's very important to beat each egg to achieve fluffiness. Pour mixture into baked pie shell. Chill 2 hours and top with whipped cream. Garnish with shavings of Hershey chocolate candy bar.

Peggy Collins

The key to successful custard preparation is low heat; high heat causes the eggs to curdle, resulting in lumpy, thin mixtures. Either cook custard in a double boiler or if cooking over direct heat, always use a heavy saucepan. Stir the mixture constantly with a whisk. Check thickness by lifting the spoon from custard and holding it for 15 to 20 seconds; if the spoon does not show through mixture, the custard has thickened to the correct consistency.

PUMPKIN GELATIN CHIFFON PIE

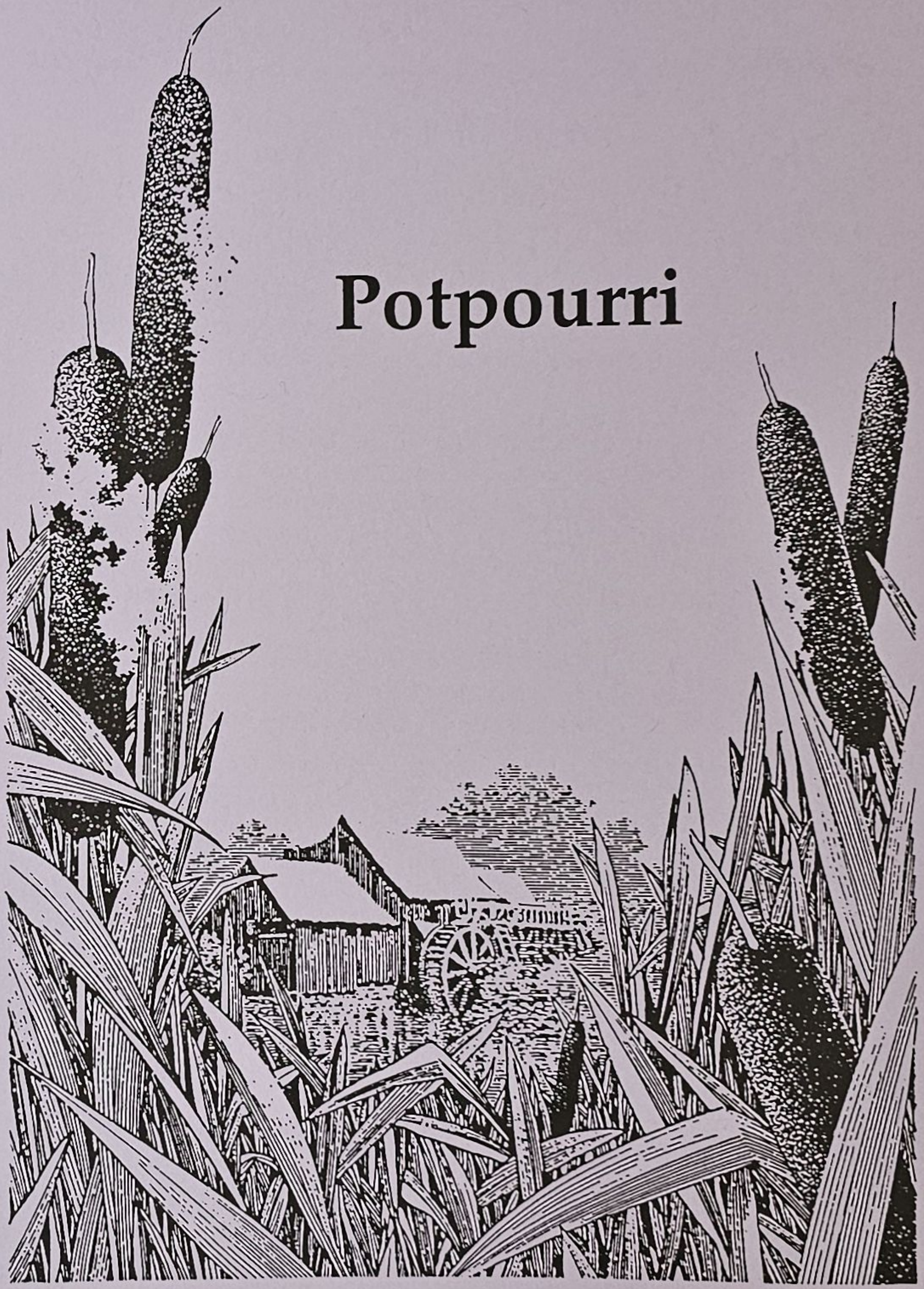
1 T. gelatin
3 egg yolks
1 1/4 c. canned *or* cooked pumpkin
1/2 tsp. cinnamon
3 egg whites
Baked pie shell
1/4 c. cold water
1/2 c. sugar
1/2 c. milk
1/2 tsp. nutmeg
1/2 c. sugar
Whipped cream

Soak the gelatin in cold water. Beat the 3 egg yolks slightly and add 1/2 cup sugar, pumpkin, milk, salt and spices. Cook and stir these ingredients over hot water until thick. Stir in the soaked gelatin until dissolved. Chill. Beat the egg whites until stiff. When the pumpkin mixture begins to set, stir in 1/2 cup sugar and fold in the egg whites. Fill the pie shell. Chill to set. Serve garnished with whipped cream.

Vivian Carroll

§ § § § §

Potpourri



POTPOURRI

TOMATO GRAVY

2 tsp. butter *or* margarine
3 green onions, finely chopped
1/4 c. celery, finely chopped
1/4 c. green pepper, finely chopped
1 (4 oz.) can mushrooms, finely chopped
1 (14 1/2 oz.) can stewed tomatoes
1 med. onion, finely chopped
1 pkg. brown gravy mix
1 c. water
Salt *and* pepper, to taste

Melt butter in deep skillet or Dutch oven. Sauté onions, green onions, green pepper, celery and mushrooms until tender. Stir in stewed tomatoes and simmer 3 minutes. In a small bowl, gradually add 1 cup water to gravy mix, stirring well. Stir this mixture into tomato mixture, stirring constantly over medium heat until thick. Serve over hot biscuits. Four servings.

A Covenant Village Resident

CHICKEN FINGER SAUCE

1 sm. jar Cheez Whiz
2 oz. finely chopped green chili peppers
Mustard *and* hot sauce, to taste

Mix ingredients well and use as dipping sauce for chicken fingers.

A Covenant Village Resident

MARINADE FOR BOSTON BUTT

1/2 bottle Worcestershire sauce
1/4 box dark brown sugar
3 T. ketchup
3 T. Heinz 57 steak sauce
Juice of 1 lemon

Simmer. Baste over Boston butt. Bake at 150° for 8 hours.

Lib Trail

Add a few drops of lemon juice to water to keep potatoes white.

THREE SAUCES FOR CHICKEN NUGGETS

SOUR CREAM DILL:

Mix equal parts sour cream *and* mayonnaise (1 c. each)
2 T. dill weed
2 T. chopped dill pickle

Mix well and serve cold.

SWEET AND SOUR:

1/2 c. pineapple preserves
4 T. prepared mustard
2 T. prepared horseradish

Mix well and serve cold.

TOMATO STEAK SAUCE:

1 (8 oz.) seasoned tomato sauce
2 T. oil
1/4 c. brown sugar

Heat to dissolve sugar. Serve hot. ***A Covenant Village Resident***

CHIMICHURRI-AN ARGENTINE SPECIAL PARSLEY SAUCE

1/2 c. olive oil
1/4 tsp. cayenne pepper
1/2 c. finely chopped fresh parsley
1/2 c. finely chopped onions
1 tsp. freshly ground black pepper
1/4 tsp. cayenne pepper
1/4 c. red wine vinegar
1 1/2 tsp. salt
1/4 tsp. oregano

Combine and beat together the oil and vinegar. Stir in the onions, parsley, oregano, cayenne, salt and pepper. Taste for seasoning. Let stand at room temperature for 2 to 3 hours to develop flavor. This is a traditional sauce for grilled and roasted meats. ***Lib Trail***

TARTAR SAUCE

1 c. mayonnaise mixed with sweet relish, grated onion *and* chopped parsley

Florence Rogers

Rely on iron skillets which (like non-stick pans) do not require fat for searing.

CHOCOLATE SAUCE

2 T. cocoa *or* 2 sq. chocolate
1/2 c. sugar
3 T. butter
6 T. water
1/8 tsp. salt
1 tsp. vanilla

Mix all ingredients except butter and vanilla. Cover over low heat until mixture boils. Add butter and vanilla. Remove from stove. Makes one cup of ice cream topping.

Viola Fields

CHOCOLATE SUNDAE SAUCE

2 1/2 sq. unsweetened chocolate, cut in pieces
1 1/2 c. cold water
Dash salt
3/4 c. sugar

Combine chocolate and water. Cook over low heat for 4 minutes, stirring constantly. Add sugar and salt. Return to heat and cook 4 minutes longer. Pour into airtight jar. Seal. When cold, refrigerate. Place container in pan of water to heat. Keeps well refrigerated.

Lib Trail

MYSTERY SAUCE

Mix 1 tablespoon cornstarch and 1/2 cup sugar. Add 1/2 cup water.

Boil until sauce thickens. Remove from heat. Add 1 teaspoon vanilla and 1 tablespoon butter.

Serve hot with Cottage or Canary puddings (see Dessert Section).

Lib Trail

SNAIL BUTTER

1 1/2 c. butter, softened
3 shallots, finely chopped
2 *or* 3 cloves garlic, finely chopped
1 T. blanched almonds, finely chopped
1/2 c. parsley, finely chopped
Dash salt *and* pepper

Work all together into a softened butter.

STRAWBERRY BUTTER

1/2 c. unsalted butter, softened
2/3 c. strawberry preserves

Combine ingredients and beat at slow speed of electric mixer for 1 minute or until mixed well. Cover and chill. Remove from refrigerator 30 minutes before serving with croissants, toast, biscuits or your favorite bread. Makes 1 1/4 cups.

STRAWBERRY ALMOND OR PECAN BUTTER

Cream 1/2 cup butter and 2 1/2 cups sifted confectioners' sugar. In blender, pureé 2 cups strawberries and then force them through a fine sieve into butter. Beat until smooth. Add 1/2 cup finely ground almonds or pecans. Chill, covered, until hard.

WHIPPED BUTTER

Cream 1/2 pound sweet butter and 1/2 pound sugar.

Add in order:

1 doz. blanched almonds, finely chopped
1/2 doz. macaroons, dried *and* chopped (optional)
Grated peel of 2 oranges
1 oz. brandy *or* Cointreau

Blend to a smooth paste.

Lib Trail

LEMON SYRUP

2/3 c. powdered sugar
1/4 c. fresh lemon juice
3 T. water

In small saucepan combine above ingredients. Heat to boiling, stirring constantly until sugar is dissolved. Cool slightly. Pierce cake top at 1 inch intervals with skewer or kitchen fork. Spoon warm syrup over cake. You may also use this on small muffins and then sprinkle them with sifted powdered sugar when ready to serve. I keep some on hand for ice cream.

Genie Pruett

BLUEBERRY SYRUP

2 c. blueberries *or* 1 lb. can
1/2 c. light corn syrup
Dash salt

With electric blender or mixer, blend berries until smooth. Stir in syrup and salt. Bring to a boil and boil gently, uncovered, stirring constantly for 5 to 7 minutes until the consistency of syrup. Makes 2 cups.

A Covenant Village Resident

MAPLE SYRUP

1 c. brown sugar, firmly packed
1/2 c. water
1/4 tsp. maple flavoring

Combine sugar and water in a small saucepan. Bring to a boil, stirring until sugar dissolves. Remove from heat. Stir in flavoring. Makes 1 1/3 cups.

A Covenant Village Resident

PRALINE SYRUP

In a 1 quart saucepan over medium heat, stir:

1 c. brown sugar, firmly packed
2 T. water
1/8 tsp. salt
1/2 c. light corn syrup
1 T. butter *or* margarine

Stir until sugar dissolves. Remove from heat. Stir in 1/2 cup chopped pecans. Makes 1 1/2 cups.

A Covenant Village Resident

STRAWBERRY SYRUP

1 (10 oz.) pkg. frozen sliced strawberries, thawed
1/2 c. light corn syrup
Dash salt

With electric blender or mixer, blend berries until smooth. Stir in syrup and salt. Bring to a boil and boil gently, uncovered, stirring constantly, about 5 minutes. Serve warm. Makes 1 1/2 cups.

A Covenant Village Resident

TERMS USED IN COOKING

APPETIZER: A small serving of food served before or as the first course of a meal.

ASPIC: A transparent jelly, usually meat, which has been boiled down to become firm when cold.

BATTER: A mixture of flour or liquid that can be beaten or stirred.

BISQUE: A rich thick cream soup made from fish.

BLANCH: To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISSE: A chowder made from several varieties of fish and wine.

BOUILLON: Clear soup made from lean beef or chicken.

BRAISE: To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL: Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY: A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER: The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY: To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER: A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL: An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner, or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS: Crisp particles left after fat has been fried out.

CROQUETTES: Chopped meat held together by eggs, shaped and dipped into crumbs, then fried.

DOUGH: A mixture of flour and liquid that is stiff enough to be kneaded.

DRIPPINGS: Liquids resulting from meat being cooked.

ENTREÉ: The main course of a meal.

FONDUE: A dish made of cheese, eggs, etc.

FRITTERS: Vegetables or fruit covered with batter, then fried in deep fat.

FROSTING: A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS: The liver, gizzard or heart of poultry.

GINGER: An aromatic, pungent root sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.

GLACE: Ice or glossed over. Meats are glazed by covering with concentrated stocks or jellies.

GRATE: Cut into tiny particles, using small holes of grater.

HORS D´ŒUVRES: Tart, salty or crisp foods served as appetizers.

INFUSION: Liquid extracted from tea, herbs or coffee.

JULIENNE: Cut into fine strips or strings.

KNEAD: To place dough on flat surface and work it, pressing down with knuckles, then folded over, repeated several times.

LEGUMES: The seeds of certain plants, as peas, beans, peanuts and lentils.

MACEDOINEA: Mixture of fruits or vegetables.

MARJORAM: May be used both green and dry for flavoring soups and ragouts, and in stuffing for all meats and fish.

MARINATE: Let food stand in liquid that will add flavor or tenderize.

MINCE: To cut foods in very fine pieces.

MORNAY: A white sauce containing cheese.

OREGANO: Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.

PARE: Cut off outer covering with a knife or other sharp tool (potatoes, apples).

PEEL: Strip off outer covering (oranges).

PIQUANT: A sharp sauce.

SCALD: Heat milk to just below the boiling point. Tiny bubbles form at edge.

SHRED: Cut into thin pieces, using large holes of grater or shredder (cheese).

SIMMER: Cook in liquid just below the boiling point. Bubbles form slowly and collapse below the surface.

TARRAGON: Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Used to flavor vinegar.

FOOD PROCESSES

BAKE: To cook by dry heat, usually in an oven.

BARBECUE: To roast or broil whole as a hog, fowl, etc. Usually done in a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL: To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT: The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW: To cook in hot liquid until flavor is extracted.

BROIL: To cook by exposing the food directly to the heat.

BRAISE: To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY: To conserve or preserve by boiling with sugar. To encrust or coat with sugar.

COATSPOON: When a mixture forms a thin even film on the spoon.

CODDLE: To cook slowly and gently in a liquid just below the boiling point.

CREAM: To beat until soft and fluffy. Usually applied to shortening and sugar.

CUBE: To cut in even sized pieces.

CUT: To divide foods with a knife or scissors.

DICE: To cut into small cubes.

DISSOLVE: To pass into solution.

FOLD: To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

A Quick Summary Of Herbs And Seeds

Basil: Aromatic odor, warm sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.

Bay Leaf: A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.

Caraway: Seeds have a spicy smell and aromatic taste. Used in baked goods, in cakes, breads, soups, cheese and sauerkraut.

Chervil: Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.

Chives: Leaves are used in many ways. May be used in salads, in cream cheese, in sandwiches, omelets, soups and in fish dishes. Mild flavor of onion.

Curry Powder: A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.

Dill: Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

Fennel: Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.

Ginger: An aromatic, pungent root, sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.

Marjoram: May be used both green and dry for flavoring soups and ragouts and in stuffing for all meats and fish.

Oregano: Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.

Paprika: A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

SAGE: Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations; as in vegetable loaf or curry. The flowers are sometimes used in salads.

SHALLOTS: Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.

TARRAGON: Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

VINEGAR: Low percentage natural acid generally acetic acid. Used as and preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings: for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.

INTERCHANGEABLE HERBS AND SPICES

NEED???	
Fresh basil	Use Oregano
Fresh basil	Use Parsley and dried Basil
Fresh basil	Use dried Basil
Caraway	Use Anise
Celery seeds	Use minced celery tops
Chervil	Use Parsley
Chervil	Use Tarragon
Fennel	Use Anise
Oregano	Use Marjoram
Sage	Use Thyme
Allspice	Use equal quantities of Cinnamon, Cloves and Nutmeg
Chili peppers	Use Cayenne Pepper
Nutmeg	Use Mace
Fresh Cilantro	Use Parsley plus ground Coriander
Saffron	Use Turmeric
Fennel seeds	Use Anise seeds

SEASON WITH SEEDS TO ADD FLAVORS:

Caraway: Tangy and slightly sweet
Cardamom: spicy
Celery: Strong, use sparingly
Cumin: Slightly bitter
Dill: Pungent and strong in flavor
Fennel: Licorice flavor
Mustard: Dry mustard is a mixture of ground seeds of several mustard varieties.
Sesame: Sweet, nutty flavor

*****

To store fresh ginger, refrigerate in a paper bag and use within one week. For longer storage, freeze in a plastic bag or peel the ginger and store in a jar of dry Sherry in the refrigerator.

*****

Add herbs for added flavor when soaking beans, peas, or lentils. Soak black beans with cumin or coriander and garlic; lentils with thyme.

*****

Roast spices on top of stove to pull out additional flavor.

*****

To make sour milk from sweet milk, add 1 tablespoon vinegar or lemon juice to 1 cup sweet milk.

*****

For 1 cup sour cream, add 1 tablespoon vinegar to 1 cup evaporated milk and let it stand for 10 minutes.

*****

Add 1 teaspoon instant coffee to pale gravy.

*****

A time saver: cook extra bacon, wrap it in foil, freeze. Reheat in toaster oven when needed. Break some to use in green salads.

*****

A wet towel placed under a bowl will keep it from slipping as you beat the contents.

Use a damp cloth dipped into baking soda instead of steel wool to scrub plastic.

*****

An art gum eraser removes spots from light colored kid gloves.

*****

Use a cloth dipped in white vinegar to press pleats and they will stay in longer.

*****

Hot vinegar removes freshly dried paint from windows.

*****

A wash of water and a little powdered mustard will remove lingering odors from jars or bottles. Let stand a few hours and rinse in hot water.

*****

A bowl of vinegar placed in a stuffy or smokey room will absorb tobacco smoke or the smell of paint and keep the air fresh.

*****

Equipment of jelly making: You will need a large kettle with a broad, flat bottom. This will allow the sugar and juice mixture to mix quickly and evenly. You will also need a long-handled spoon for skimming the jelly, a pair of tongs for removing the glasses from the hot water and a small pan for heating the paraffin.

*****

Before storing: Let jellied fruit products stand at least 8 hours to avoid breaking the gel. Cover with metal or paper lids. Store in a cool, dry place. The shorter the storage time, the better the eating.

*****

Preventing skin on sauces and jellies: Spread a thin layer of melted butter or cream over jellies, puddings and other sauces right after cooking. Stir and all the skin and foam will disappear.

*****

Hollow pickles are thought to be caused by faulty growth or staleness of cucumbers.

Soft pickles are caused by using brine or vinegar which is too weak, not keeping pickles covered with liquid, not keeping scum removed from top of brine, not heating enough to destroy organisms of spoilage, or not sealing jars airtight while boiling hot. Shriveled pickles are caused by adding too much salt, sugar or vinegar at one time.

*****

Cider vinegar is not necessary for making pickles and relishes. In fact, some expert home canners prefer to use white distilled vinegar. The important thing is to use a high grade product.

*****

If neither fresh nor dried dill is available, dill seed may be used in making pickles. Two or 3 tablespoons dill seed are needed for each quart pickles.

*****

Pickles are likely to spoil unless heated until almost hot at the center, packed into jars, covered with boiling hot liquid and sealed at once or packed cold, covered with boiling liquid and processed 15 minutes in a boiling water bath. The process time is for pints and quarts. Half gallons require 25 minutes. The short cooking will not soften pickle.

*****

Pinch of rosemary to water cooking rice will add an interesting flavor.

*****

Cooking wild meats with onions cuts down on the wild flavor.

*****

Do you substitute ingredients? This is always risky - don't do it! For example, sifted flour is not interchangeable with unsifted.

*****

Food will keep hot up to 1 hour if taken somewhere, by wrapping hot food in double thickness of aluminum foil.

Garlic helps to prevent cholesterol build up. Helps prevent heart disease by slashing cholesterol levels in the blood and lowering dangerous blood fat levels.

*****

Don't let spilled wine spoil your prettiest tablecloth. While the stain is still wet, cover it with a mound of ordinary table salt, when dry just brush away. The salt will absorb the wine so completely you won't even have to wash the cloth.

*****

Shaving cream is one of the most useful upholstery cleaners.

*****

To remove water rings and stains from inside small glass or crystal vases, dampen the inside and add any toilet bowl cleaner. Let stand 10 minutes. Rinse thoroughly.

*****

To clean and shine copper pots, rub with Worcestershire sauce or ketchup. The tarnish will disappear.

*****

To get cotton white socks white again, boil in water to which a slice of lemon has been added.

*****

To improve an inexpensive cake mix, add one tablespoon butter to the batter for a richer-tasting cake.

*****

Discover baking with mayonnaise. Try substituting mayo as a shortening or oil - it blends easily, adds moistness and contributes toward a tender texture.

*****

Throwaway Cake Plate - Save bottom cardboard from pizzas and cover with aluminum foil. Great if you are donating a cake or pie to a cake sale.

*****

Dip spoon in hot water before measuring lard, butter, etc. - it will slip off the spoon more easily.

Put flour in a large salt shaker and use for dusting cake pans, meat, etc. It is less messy and doesn't waste flour.

*****

For recipes using beaten egg whites, the eggs should be separated when cold and the whites allowed to come to room temperature (egg whites reach their high volume if beaten at room temperature). Be careful not to overbeat egg whites or they will become stiff and dry, having lost their elasticity, and will almost certainly collapse as soon as heat is applied. Be sure beaters and bowl, etc., are completely free of oil - any trace of oil will prevent the egg whites from fluffing up.

*****

Don't grease cookie sheets or cookies will tend to spread too much. When baking several batches in succession, let sheets cool before placing more dough on them or the dough will soften and spread and finished cookies will be misshapen. If you don't have enough spare cookie sheets, use inverted baking pans.

*****

Any recipe which says, "and add one egg" can be made better by separating the white and yolk. This white, when beaten separately, adds bubbles, tenderness and makes the finished product lighter. This is true for nearly all boxed items.

*****

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO - fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

*****

If your layer cakes stick to the bottom of their pans, return them to a warm oven briefly, the layers will come out intact in just a short time.

For baking cakes, use shiny metal pans or pans with a non-stick finish. Avoid dull, dark or enamel pans which can cause uneven and excessive browning. If using glass or porcelain-coated aluminum pans, reduce the oven temperature by 25° F. If baking more than one at a time, arrange the pans in the oven so that you get the best air flow - stagger them from one shelf to another, not one directly on top of another. And do not have a pan touching the walls of the oven or touching another pan. Good air flow is very important to proper baking. (This is true for trays of cookies also.)

§ § § § §

TABLE OF CONTENTS

COOKING & PREPARATION ..... 1 - 2
- Organization of Ingredients 1
- Cooking During Power Outage 1
- Menu Planning Tips 1
- Napkin Folding 2

FOODS ..... 3 - 14
- Fruits 3
- Vegetables ..... 3 - 6
  - General Information ..... 3 - 4
  - Veggies (by category) ..... 4 - 6
- Eggs ..... 6 - 7
- Pasta / Rice 7
- Meats ..... 7 - 9
  - General Information ..... 7 - 8
  - Meats (by category) ..... 8 - 9
- Gravy / White Sauce ..... 9 - 10
- Breads 10
- Cakes / Frostings 11
- Cookies ..... 11 - 12
- Pies 12
- Dairy ..... 12 - 13
- Odds And Ends ..... 13 - 14

KITCHEN CLEAN-UPS ..... 14 - 16

BATHROOM CLEAN-UPS ..... 16 - 17

CARPETS AND FLOORS ..... 17 - 18

WOODEN FURNITURE ..... 18 - 19

HEALTH & BEAUTY ..... 19 - 20

TABLE OF CONTENTS

FOODS

Fruits 3

Vegetables ..... 3 - 6

General Information ..... 3 - 4

Veggies (by category) ..... 4 - 6

Eggs ..... 6 - 7

Pasta \ Rice 7

Meats ..... 7 - 9

General Information ..... 7 - 8

Meats (by category) ..... 8 - 9

Gravy \ White Sauce ..... 9 - 10

Breads 10

Cakes \ Frostings 11

Cookies ..... 11 - 12

Pies 12

Dairy ..... 12 - 13

Oils And Fats ..... 13 - 14

KITCHEN CLEAN-UPS ..... 14 - 16

BATHROOM CLEAN-UPS ..... 16 - 17

CARPETS AND FLOORS ..... 17 - 18

WOODEN FURNITURE ..... 18 - 19

HEALTH & BEAUTY ..... 19 - 20

HELPFUL HINTS

A NOTE FROM THE PUBLISHER:
These helpful hints have been gathered from the many books that have passed through our doors over the last 30 years or so. We have supplied these with the understanding that the publisher cannot guarantee the accuracy or usefulness of the individual hints and/or remedies. No claims are intended as to the safety, or endorsing the effectiveness of any of the remedies or hints included in this section.

COOKING & PREPARATION

GETTING ORGANIZED:

Take a few moments up front to read through your recipe. Then, lay out every single thing you'll need while cooking - equipment and ingredients premeasured and prechopped if possible. You'll be amazed at the time you save when you don't have to run back and forth from refrigerator to stove.

Set the water to boiling or the oven to preheating as soon as you step into the kitchen.

Remember that smaller is better when you're pressed for time. Ground chicken cooks faster than strips; strips cook faster than whole pieces; whole pieces cook faster than a complete bird. Similarly, baked whole potatoes take longer to cook than roasted pieces; whole boiled potatoes take longer than cut up pieces.

If you make your own salad dressing, mix it up right in the salad bowl instead of using a bottle. Add the lettuce and toss from the bottom up.

COOKING DURING A POWER OUTAGE:

If you cook with electricity (like the vast majority do), cooking during a power outage is a real test of your culinary abilities. If you have a working fireplace, you are indeed fortunate. Use cast-iron cookware and cook over an open fire in your fireplace. If this isn't to your liking, a charcoal grill or an hibachi can be used safely if you place this equipment in a fireplace with a good updraft so that the carbon monoxide gas can escape.

No fireplace? Your best bet and the most efficient, is a camp stove available in most stores that carry sporting goods. Price ranges vary, so shop wisely and follow the manufacturer's instructions carefully when operating it. Another option would be a chafing dish, but this would be for low-heat cooking only.

MENU PLANNING TIPS:

Map out a couple of weeks' worth of menus, then alternate them bimonthly.

Keep a running grocery list on the refrigerator door. You'll be ahead of the game when you're ready to go shopping.

Make it a habit to buy large portions or extras of the things you use the most.

Remember that potatoes count as both a starch and a vegetable. If you serve potatoes and another vegetable, you've provided your family with two of the five servings of fruits and vegetables recommended every day.

MENU PLANNING TIPS (Continued)

A well-stocked pantry can be a life-saver. You'll have a lot more options when serving last minute meals or dressing up leftovers. Keep a supply of the following on hand:

Mustards, vinegars, chopped olives, salsa, tuna, canned broth, instant mashed potatoes, diced green chilies, stewed tomatoes, tomato paste, herbs and spices, Teriyaki and soy sauces.

Just as you want a supply of pantry items, be sure the refrigerator is supplied with:

Eggs, milk, plain low-fat yogurt, hard grating cheese (such as Parmesan), bottled salad dressing (which doubles as a marinade for chicken), frozen vegetables (including French fries and other cuts of potatoes).

Always keep lemons and limes on hand, stored at room temperature. Their fresh-squeezed juice or grated zest makes a refreshing addition to steamed vegetables, salad dressings or marinades.

Plan on double batches whenever you can. Serve the leftovers with a new twist the second time around. Good candidates: boiled, mashed or baked potatoes, meatballs and baked chicken.

CREATIVE NAPKIN FOLDING

BASIC TIPS AND INFORMATION:

1. Linen, cotton or 50/50 cotton, polyester napkins fold the best.
2. A little starch in the napkins helps hold the fold.
3. Most napkin folds can be done ahead and stored.
4. Some simple folds can be done with paper napkins.

TENT FOLD:

1. Fold napkin diagonally.
2. Bring both corners up to peak.
3. Fold diagonally again.
4. Then fold in half.

FAN FOLD:

1. Fold napkin in half.
2. Begin accordion folding in 1 inch sections from one end to the other.
3. When you have 3 to 4 inches left at end, turn napkin over.
4. Fold napkin in half.
5. Turn corner of unfolded section down and tuck into last fold.
6. Position napkin in desired location by holding at the top and keeping folds together. Gently let go; napkin should open into a fan.

BIRDS OF PARADISE:

1. Fold napkin in half.
2. Fold in half again to make a square.
3. Then fold diagonally with all open edges on top pointing down.
4. Fold each side over to the center and up.
5. Fold top ends over fold and fold in half.
6. Holding folded parts between fingers, gently pull up each layer to form peaks.

FRUITS

Apples & Applesauce:

1. Apples will not turn black if placed in salt water immediately after peeling.

2. Put lemon juice in applesauce to keep it from being flat.

Bananas:

3. Use an egg slicer for cutting bananas for fruit salad.

Fruit Salad:

4. For something different, try mint flavoring in the cream dressing for a fruit salad.

Lemons:

5. Do not discard rinds of lemons, grapefruit or oranges. Grate the rinds first, put in a tightly covered glass jar and store in the refrigerator. Makes excellent flavoring for cakes, frostings and such.

6. To get more juice from lemons, drop into hot water for a few minutes before squeezing.

7. Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.

8. Grate a little lemon rind in mayonnaise for fruit salads.

Limes:

9. Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.

Peaches:

10. Don't bother to remove skins when canning or freezing peaches. They will taste better and be more nutritious with the skin on.

Raisins:

11. Raisins may be kept moist and fresh by placing them in a glass fruit jar or cannister with plastic cover.

12. A few drops of lemon juice added to raisins, dates, or figs before running them through the food chopper, will help to prevent clogging the chopper.

Strawberries:

13. Keep in a colander in the refrigerator. Wash just before serving.

«»

VEGETABLES

General Information:

14. Wash the tops of canned goods before opening as many stores use insecticides for pest control.

15. Vegetables that grow underground should be covered when being cooked; those grown above the ground should be left uncovered.

16. If vegetables are overdone, put the pot in a pan of cold water. Let stand 15 to 30 minutes without scraping pan.

17. By lining the crisper section of your refrigerator with newspaper and wrapping vegetables with it, moisture will be absorbed and your vegetables will stay fresher longer.

18. If fresh vegetables are wilted or blemished, pick off the brown edges. Sprinkle with cool water, wrap in towel and refrigerate for an hour or so.

19. Put vegetables in water after the water boils - not before. This preserves all the vegetables' vitamins.

20. Store leftover vegetables in a container in the freezer. Add these to other ingredients when making stew.

21. Place a thin slice or two of Swiss cheese over your cooked vegetable and heat in a 450° oven until the cheese melts. You may also put it under the broiler until the cheese browns lightly. Makes a nice topping.

Asparagus:

22. Open canned asparagus from the bottom to avoid damaging the delicate tips.

VEGETABLES

23. If fresh asparagus is wilted, sprinkle with cool water, wrap in a towel and refrigerate for 1 1/2 hours.

Beets:

24. If you find that your beets tend to lose color when you boil them, add a little lemon juice.

Beans:

25. When cooking dried beans, add salt after cooking; if salt is added at the start, it will slow the cooking process.

26. A raw potato placed in the baked bean pot will remove some of the gaseous qualities from the beans.

27. A dash of nutmeg to lima beans give them that extra "zip".

Broccoli:

28. A quick topping for cooked broccoli or cauliflower is a can of condensed cheese soup heated with 1/4 cup milk.

Brussel Sprouts:

29. Brussel sprouts will cook quicker if you cut a cross into the stem end.

Cabbage:

30. Two things to do to keep cabbage smell from filling the kitchen; don't over cook (keep it crisp) and put half a lemon in the water when you boil it.

Carrots:

31. A pinch of grated nutmeg added to carrots the last few minutes of cooking will improve the flavor of carrots.

32. Remove the tops on carrots, beets, etc., before storing.

33. Adding sugar and horseradish to cooked carrots improves their flavor.

34. To keep the flavor in the vegetables, add a small amount of sugar to the water after cooking carrots, peas, beets and corn.

35. Marinate carrot sticks in dill pickle juice.

Cauliflower:

36. To keep cauliflower from turning brownish in cooking, add a little lemon juice or vinegar to cooking water.

Celery:

37. Peel celery stalk with potato peeler to rid stalk of strings.

38. Store in refrigerator in paper bags instead of plastic.

39. Celery and lettuce will crisp up fast if you place it in a pan of cold water and add a few sliced potatoes.

Corn:

40. To remove corn silk from the ear, rub it with a vegetable brush under running water.

41. Another method of removing corn silk is to dampen a paper (or terry cloth) towel and brush downward on the ear of corn.

Cucumbers:

42. A ball of nylon net cleans and smooths cucumbers when making pickles.

Garlic:

43. Chop garlic in a small amount of salt to prevent pieces from sticking to the knife or chopping board. Then pulverize with the tip of the knife.

44. Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing.

45. Peel garlic and store in a covered jar of vegetable oil. The garlic will stay fresh and the oil will be nicely flavored for salad dressings.

Lettuce:

46. Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

47. To prevent lettuce from rusting in the refrigerator, store in a plastic bag with a paper napkin in the bag to take up the moisture.

VEGETABLES

Mushrooms:

48. Mushrooms will gain flavor and have a better texture if you sauté them in butter before adding them to a stew.

Olives:

49. A little salad oil poured over the remaining olives in a jar will prevent molds and olives will keep a long time.

50. A relish plate will be more attractive if the olives are rubbed with salad oil to make them shine.

Onions:

51. To avoid tears when peeling onions, peel them under cold water or refrigerate before chopping.

52. Wrap onions individually in foil to keep them from becoming soft or sprouting.

53. Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

54. An onion will stay perfectly whole in cooking if a hole is made through the center by means of a metal skewer.

55. Onions, broccoli and Brussel sprouts will cook faster if you make an X-shaped cut at the base of the vegetables.

56. If adding onions to a stock that will later be strained and the vegetables discarded, don't bother to peel them. Just wash and cut them into large chunks.

57. A few teaspoons of dried onion-soup mix may be substituted for fresh onions in many recipes.

58. For sandwiches to go in lunchboxes, sprinkle with dried onion. They will have turned into crisp pieces by lunch-time.

59. Peel and quarter onions. Place one layer deep in a pan and freeze. Quickly pack in bags or containers while frozen. Use as needed, chopping onions while frozen, with a sharp knife.

Parsley:

60. Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

Potatoes:

61. Keep skins from bursting while boiling by peeling a 1/2" band of skin from around the center of potato.

62. To slice potatoes thin, dip blade of knife in boiling water first.

63. To prepare mashed potatoes with excellent flavor, bake Idaho potatoes, peel, and mash with hot milk and butter.

64. Add baking powder to mashed potatoes to make them lighter, and hot, rather than cold milk, to make them fluffier.

65. Save some of the water in which the potatoes were boiled, add to some powdered milk and use when mashing. This restores some of the nutrients that were lost in the cooking process.

66. Use a couple of tablespoons of cream cheese in place of butter for your potatoes; try using sour cream instead of milk when mashing.

67. Overcooked potatoes can become soggy when the milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.

68. When making potato pancakes, add a little sour cream to keep the potatoes from discoloring.

69. Wrap baking potatoes in foil to quicken baking time.

70. Time for baking potatoes can be shortened if the potatoes are pan boiled for 5 to 10 minutes.

71. To hurry up baked potatoes, boil in salted water for 10 minutes, then place in a very hot oven. Or, cut potatoes in half and place them face down on a baking sheet in the oven to make the baking time shorter.

VEGETABLES

72. Sweet potatoes will not turn black if placed in salt water immediately after peeling.

Sauerkraut:

73. If sauerkraut is too salty for your taste, add one teaspoon of brown sugar. It is really worth trying.

Spinach:

74. Soak spinach and other leafy vegetables, including asparagus, broccoli and cauliflower, in salted water for a few minutes before washing to open leaves and flowerets to release sand and bugs.

75. When cooking spinach, try adding a pinch of garlic salt and you'll be pleased with the improved flavor.

Squash:

76. Squash that is left over can be improved by adding some maple syrup before reheating.

Tomatoes:

77. Keep tomatoes in storage with stems pointed downward and they will retain their freshness longer.

78. Sunlight doesn't ripen tomatoes. It's the warmth that makes them ripen, so find a warm spot near the stove or dishwasher where they can get a little heat.

79. Save the juice from canned tomatoes in ice cube trays. When frozen, store in plastic bags in freezer for cooking use or for tomato drinks.

80. To improve the flavor of inexpensive tomato juice, pour a 46 ounce can of it into a refrigerator jar and add one chopped green onion and cut up stalk of celery.

«»

EGGS

81. A fresh egg will sink when placed in water. A stale egg will float.

82. Fresh eggs are rough and chalky in appearance. Old eggs are smooth and shiny.

83. Brown and white shells are the same quality.

84. Fresh or hard boiled? Spin the egg. If it wobbles, it is raw. If it spins easily, it's hard boiled.

85. To store, place the eggs in tight-sealing egg containers and they will last longer in the refrigerator. You shouldn't keep eggs longer than 11 days.

86. Egg whites can be kept up to 1 year. Add them to a plastic container as you "collect them" for use in meringues, angel food cakes etc. 1 cup equals 7 or 8 egg whites. You can also refreeze defrosted egg whites.

87. To keep egg shells from cracking while boiling, pierce the wide end about 1/4" deep with a needle.

88. Add vinegar to the water while boiling eggs. Vinegar helps to seal the egg, since it acts on the calcium in the shell.

89. If you wrap each egg in aluminum foil before boiling it, the shell won't crack when it's boiling.

90. A great trick for peeling eggs the easy way. When they are finished boiling, turn off the heat; drain, then cover. Let them sit in the pan for about 5 minutes. Steam will build up under the shell and they will just fall away.

91. Another way for ease in peeling is to quickly rinse hot hard-boiled eggs in cold water.

EGGS

92. If you are making deviled eggs and want to slice it perfectly, dip the knife in water first. The slice will be smooth with no yolk sticking to the knife.
93. The white of an egg is easiest to beat when it's at room temperature. So leave it out of the refrigerator about a half an hour before using it.
94. Need room temperature eggs and yours are refrigerator cold? Put them in a bowl of warm water for 10 minutes.
95. Use a small funnel to separate eggs. The white will run through while the yolk stays in the funnel.
96. Beaten egg whites will be more stable if you add 1 teaspoon cream of tartar to each cup of egg whites (7 or 8 eggs).
97. Add a few drops of vinegar to the water when poaching an egg to keep it from running all over the pan.
98. To cook a perfect "soft" fried egg, add a little hot water to the pan after the egg has started to cook.
99. For fluffier omelets, add a pinch of cornstarch before beating.
100. Add a little water while beating eggs to make light and fluffy scrambled eggs.
101. Scrambled eggs for groups: Add a pinch of baking powder and 2 teaspoons water per egg to make the eggs go further.
102. Add 1 tablespoon of water per egg white to increase the quantity of beaten egg white when making meringue.
103. For baking, it's best to use medium to large eggs. Extra large may cause cakes to fall when cooled.
104. When you have saved a lot of egg yolks from previous recipes, use them in place of whole eggs for baking or thickening. Just add 2 yolks for every whole egg.
105. To make quick-diced eggs, take your potato masher and go to work on a boiled egg.

«»

PASTA / RICE

106. When cooking noodles, bring required amount of water to a boil, add noodles, turn heat off and allow to stand for 20 minutes. This prevents over-boiling and the chore of stirring. Noodles won't stick to the pan with this method.
107. Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.
108. Rice will be fluffier and whiter if you add 1 teaspoon of lemon juice to each quart of water.
109. Cook rice in liquid saved from cooking vegetables to add flavor and nutrition. A nutty taste can be achieved by adding wheat germ to the rice.

«»

MEATS

General:

110. To thaw frozen meat, seal the meat in a plastic bag and place in a bowl of very warm water. Or, put in a bag and let cold water run over it for an hour or so.
111. Red wine used in cooking brings out the flavor of the meat, while white wine sweetens it.

MEATS

112. Place a piece of bread under the rack on which you are broiling meat. Not only will this absorb the dripping fat, but it will reduce the chance of the fat catching on fire.

113. To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

114. To prevent hot grease from spattering when frying foods in an open skillet, sprinkle a little flour into pan.

115. To keep frying food from spattering, invert a metal colander over the pan, allowing steam to escape.

116. Always heat the frying pan before adding oil or butter. This will keep things from sticking to the pan.

117. Boil vinegar in a brand new frying pan to keep things from sticking to it.

118. Marinade to tenderize tough meat: Use glass bowl and mix 1 cup vegetable cooking oil and 1/2 cup dry red wine. Add 1 minced onion, then salt, pepper and thyme, to taste. Roll meat in marinade, then cover and refrigerate overnight.

119. To tenderize boiled meat: Add a tablespoon of vinegar to the cooking water.

120. To tenderize tough meat or game: Make a marinade of equal parts cooking vinegar and heated bouillon. Marinate for 2 hours.

Bacon:

121. Roll a package of bacon into a tube before opening. This will loosen the slices and keep them from sticking together.

122. Dip bacon into cold water to prevent shrinkage and shriveling when frying.

Beef:

123. To tenderize steak: Simply rub in a mixture of cooking vinegar and oil. Allow to stand for 2 hours.

124. To keep steaks and chops from curling while cooking; slash the edges of fat at 1" intervals.

125. For stir-fry dishes: Beef, pork and lamb are easier to cut into thin slices if meat is partially frozen.

126. Don't add salt to roast beef until shortly before the meat is done. Salt coaxes the juices out of meats, and you'll want the juices to remain inside.

127. A boned rolled roast requires 10 minutes more cooking time per pound than one with bones.

128. Adding consommé, instead of water, to pot roast will give it a delicious flavor.

129. Cook individual meat loaves in muffin tins. They'll be done in less than half the time of a large loaf.

130. Try using crushed corn flakes or corn bread instead of bread crumbs in a meatball recipe. (May also use onion-flavored potato chips).

131. Poke a hole in the middle of your ground beef patties while shaping them. The burgers will cook faster and the holes will disappear when done.

Chicken:

132. To stew an old hen, soak it in vinegar for several hours before cooking. It will taste like a spring chicken.

133. For golden-brown fried chicken, roll it in powdered milk instead of flour.

134. Flavor will be improved if dry mustard is added to flour when frying chicken.

135. To coat chicken pieces easily, put coating ingredients into plastic bag, drop in chicken pieces one at a time, hold bag closed then shake.

136. To flatten boneless chicken breasts, place between 2 sheets of plastic wrap and pound with bottom of heavy frying pan.

MEATS

137. To remove fat from chicken broth, refrigerate the broth until fat hardens on the surface. Lift off.

138. To get a moister breast: Roast the chicken or turkey breastside down for the first 40 to 45 minutes. To finish roasting, carefully turn the bird breastside up and baste with melted butter.

139. New trick to keep flavor in chicken is to roast in aluminum foil. Also, needs no basting, tending, or cleaning of pan.

140. Chicken rubbed with lemon juice adds an improvement to its flavor.

Fish:

141. To scale fish easily, dip fish in boiling water for a few seconds and the scales will come off with easy scraping.

142. To keep fish from sticking to bottom of skillet, sprinkle a little salt over bottom of pan before adding fish.

143. To keep fish from sticking to the pan, bake on a bed of chopped onion, celery and parsley. This also adds a nice flavor to the fish.

144. Lemon juice added to the egg batter in which fish is dipped for frying, gives the fish a delicious flavor.

145. When frying fish, a little vinegar heated in a pan will kill the fish odor.

Pork / Ham:

146. Roast pork is juicier when cooked to an internal temperature of 170°.

147. Run hot tap water over canned ham for a few minutes, so that ham will slide right out.

148. Before placing ham in the roasting pan, slit rind length-wise on the underside. The rind will peel away as the ham cooks, and can be easily removed.

149. Ham labeled "ready to eat" still needs to be cooked 15 to 20 minutes per pound.

150. Wrap ham or bacon in a vinegar soaked cloth, then in waxed paper to preserve freshness.

151. Boil hot dogs in sweet pickle juice and a little water for a different taste.

Lamb:

152. Try basting a lamb roast with 2 cups of strong coffee.

Sausage:

153. Boil sausage links for about 8 minutes before frying and they will shrink less and not break at all. Or, you can roll them lightly in flour before frying.

Shrimp:

154. When cooking shrimp add a few caraway seeds to the water to kill the odor while cooking the shrimp.

SOUPS / STEWS / GRAVIES / SAUCES

Soups / Stews:

155. Remove fat from stews or soups by refrigerating and eliminating fat as it rises and hardens on the surface. Or, add lettuce leaves to the pot - the fat will cling to them. Discard lettuce before serving.

156. If soup or stew is too salty, add a few slices raw potatoes, boil until they have cooked and absorbed the salt. If necessary, repeat with fresh slices of potato. Or, simply add sugar.

157. If soup or stew is too sweet, add salt. For a main dish or vegetable, add a teaspoon of cider vinegar.

158. By adding celery to chicken broth or soup stock, it will cut the grease.

159. A few slices of lemon added to a stew will improve its flavor.

Gravy:

160. For pale gravy, color with a few drops of Kitchen Bouquet. To avoid the problem in the first place, brown the flour well before adding the liquid. This also helps prevent lumpy gravy.

161. To make gravy smooth, keep a jar with a mixture of equal parts of flour and cornstarch. Put 3 or 4 tablespoons of this mixture in another jar and add some water. Shake, and in a few minutes you will have a smooth paste for gravy.

162. To remedy greasy gravy, add a small amount of baking soda.

163. For quick thickener for gravies, add some instant potatoes to your gravy and it will thicken beautifully.

White Sauce:

164. Blend together 1 cup soft butter and 1 cup flour. Spread in an ice cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce, drop 1 cube into 1 cup of milk and heat slowly, stirring as it thickens.

«»

BREADS

165. Secret to yeast breads: use as little flour as possible and still be able to handle the dough. (Dough should be quite moist.) Adding more flour will make dough heavy and tough.

166. Try using leftover potato cooking water the next time you bake bread. It provides food for the yeast and adds flavor.

167. If dough doesn't rise: Look for one of two things. Outdated yeast or liquid temperature being too warm. Compressed yeast should be dissolved in 85° liquid. Active dry yeast in liquids in not more than 115°.

168. To prevent bread crusts from cracking, make several shallow, diagonal slashes across the top using a single-edge razor blade.

169. To keep dinner rolls hot, wrap a hot ceramic tile in a napkin, and place in the bottom of the serving basket. (Place basket on trivet to protect table).

170. Stale rolls? Revive by sprinkling them with cold water, wrap in aluminum foil and place in a 375° oven for 5 minutes.

171. When baking bread, add 1/4 teaspoon ginger to the yeast mixture and this will make the bread rise twice as fast, and the bread will be lighter.

172. Put frozen bread loaves in a clean brown paper bag and place for 5 minutes in a 325° oven to thaw completely.

173. A rib of celery in your bread bag will keep the bread fresh for a longer time.

Doughnuts:

174. To give doughnuts a new, added flavor, put a stick of cinnamon in the fat while frying.

175. Before frying doughnuts, add 1/2 teaspoon of vinegar to the hot fat to prevent doughnuts soaking up the fat.

Quick Breads:

176. For lighter pancakes and waffles, replace the liquid in the batter with club soda. (Batter won't store so use up all as soon as it's made).

177. Muffins sticking in pan? Use paper baking cups or place the bottom of the hot pan on a wet towel for about 30 seconds.

178. Don't over mix with baking powder biscuits. Stir just enough to dampen the dry ingredients.

179. Need biscuits in a hurry? Roll out the dough and cut it into squares.

CAKES / FROSTINGS

180. In creaming butter and sugar for a cake, a little hot milk added will aid in the creaming process.

181. An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

182. Any cake will be greatly improved if a teaspoon of lemon juice is added to the butter and sugar. This makes the cake lighter.

183. Cakes will rise higher if sides of pan are left ungreased.

184. To cut a fresh cake use a wet knife.

185. Use dental floss to slice evenly and cleanly through a cake or torte. Simply stretch a length of the floss taut and press down through the cake.

186. An ice cream scoop can be used to fill cupcake papers without spilling.

187. When you're near the end of the baking time, turn the oven off and keep the door closed. The heat will stay the same long enough to finish baking your cake or pie and you'll save all that energy.

Frosting / Topping:

188. A good topping for gingerbread, coffee cake, etc., can easily be made by pressing the syrup from canned fruit and adding 1 tablespoon of butter and 1 tablespoon of lemon juice to 2 cups of syrup. Heat until bubbly, and thicken with 2 tablespoons of flour.

189. A good, quick frosting is made by boiling a small potato, mashing it, and adding powdered sugar and vanilla.

190. For a nice decoration on white frosting, shave colored gumdrops very thin and stick on top. They will curl like little roses.

Common Causes Of Failure:

191. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.

192. Dry cake may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.

193. A heavy cake means too much sugar has been used or baked too short a period.

194. A sticky crust is caused by too much sugar.

195. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.

196. Fallen cake may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.

197. Uneven browning may be caused from baking cakes at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans (use bright finish, smooth bottomed pans).

198. Cake having an uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

«»

COOKIES

199. Place crushed tissue paper on the bottom of your cookie jar.

200. Oatmeal cookies will have a better flavor if oatmeal is toasted before using it in cookies.

201. To keep crisp cookies crisp, and soft cookies soft, place only one kind in a cookie jar.

COOKIES

202. Stale angel food cake can be cut into 1/2 inch slices and shaped with cookie cutters to make delicious "cookies". Just toast in the oven for a few minutes.

203. To keep cookie dough from sticking to cookie cutters, dip cutters in cool water, then into flour. Shake off excess flour before cutting dough.

«»

PIES

204. For better pie crust, have all ingredients very cold before combining them. Mix only until the ingredients are blended. Chill dough before rolling it out.

205. For flakier pie crust, brush the top lightly with cold water before baking.

206. For a meringue that won't stick to knife when it's cut, sift a little granulated sugar over the top of the pie just before it browns. (You may also butter the knife first or dip it into boiling water before cutting the pie).

207. A crumb pie crust is less likely to crumble when it's cut if, just before serving it, you hold the pie pan for 30 seconds in warm water halfway up the side of the pie pan.

208. To keep fruit pies from running over into oven while baking, use macaroni as "smoke stacks" in the top crust to allow for escape of steam.

209. Give a unique look to your pies by using pinking shears to cut the dough. Make a pinked lattice crust!

210. After baking a pumpkin pie, never set it out to cool on a flat surface. Set it on a cake cooler to keep crust dry.

211. A drop of peppermint flavoring in chocolate sauce is yummy, and orange flavoring in gingerbread or in pumpkin pie is delicious.

212. Cream pie or custard will not become watery if milk is scalded before using.

213. Custards will not curdle so readily if a tablespoon of flour mixed with sugar is added.

«»

DAIRY

Butter:

214. Soften butter quickly by grating it. Or heat a small pan and place it upside-down over the butter dish for several minutes. May also place in microwave for a few seconds.

215. Browning brings out the flavor of the butter, so only half as much is needed for seasoning vegetables if it is browned before it is added.

Cheese:

216. Wrap cheese in a vinegar-dampened cloth to keep it from drying out.

217. Chill the cheese before grating and it will take much less time.

218. Toast cheese sandwiches in a frying pan lightly greased with bacon fat for a delightful new flavor.

219. Store cottage cheese carton upside-down. It will keep twice as long.

Whipping Cream:

220. Heavy cream whips faster if bowl and beaters have been thoroughly chilled in freezer.

221. For sweetened whip cream, make ahead and use confectioner's sugar instead of granulated sugar.

222. A pinch of salt added to the cream before whipping strengthens the fat cells and makes them more elastic. This helps the cream.

DAIRY

223. To eliminate a lot of mess when whipping cream with an electric beater, try this: cut 2 holes in the middle of a piece of waxed paper, then slip the stems of the beaters through the holes and attach the beaters to the machine. Simply place paper and beaters over the bowl and whip away.

Cream That Will Not Whip:

224. Chill cream, bowl and beaters well. Set bowl of cream into a bowl of ice water while you're whipping. Add the white of an egg. Chill and then whip. If the cream still does not stiffen, gradually whip in 3 or 4 drops of lemon juice. Cream whipped ahead of time will not separate if you add a touch of unflavored gelatin (1/4 teaspoon per cup of cream).

Ice Cream:

225. Ice cream that has been opened and returned to the freezer sometimes forms a wax-like film on the top. To prevent this, after part of the ice cream has been removed, press a piece of waxed paper against the surface and reseal the carton.

226. Buy bulk quantities of ice cream and pack in small margarine containers. These provide individual servings.

Milk:

227. Milk at room temperature may spoil cold milk, so don't pour milk back into the carton

228. To prevent milk from scorching while scalding add a bit of sugar (without stirring).

229. Before scalding, rinse the pan in cold water. It will be easier to clean afterwards.

ODDS AND ENDS

Cocoa:

230. Store cocoa in a glass jar in a dry cool place.

Coffee:

231. A pinch of salt in coffee improves the flavor.

232. Coffee in a tightly sealed jar in the refrigerator will keep fresh indefinitely.

Soda Crackers:

233. Wrap tightly and store in the refrigerator.

234. To recrisp crackers, put them on a cookie sheet and heat for a few minutes in the oven.

Flour:

235. Keep a powder puff in your flour container to easily dust your rolling pin or pastry board.

Gelatin:

236. To make seven minute Jell-O, pour the usual cup of hot water over Jell-O. Add 5 or 6 ice cubes in place of cup of cold water and add fruit. Set in refrigerator.

237. To unmold gelatin: Rinse the mold pan in cold water and coat with salad oil. The oil will give the gelatin a nice luster and it will easily fall out of the mold.

Marshmallows:

238. Marshmallows are cut easier if blades of scissors are buttered or dipped in hot water.

239. Marshmallows will not dry out if stored in the freezer. Simply cut with scissors when ready to use.

Measuring Sticky Liquids:

240. Before measuring honey or syrup, oil the cup with cooking oil and rinse in hot water.

241. Greasing the measuring cup before measuring molasses or corn syrup will avoid its sticking.

ODDS AND ENDS

Nuts:

242. To quickly crack open a large amount of nuts, put in a bag and gently hammer until they are cracked open. Then remove nutmeats with a pick.

243. If nuts are stale, place them in the oven at 250° and leave them there for 5 or 10 minutes. The heat will revive them.

Popcorn:

244. It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old-maids".

Salt:

245. To prevent caked salt, tightly wrap a piece of aluminum foil around the salt shaker. This will keep the dampness out of the salt. To prevent clogging, keep 5 to 10 grains of rice inside your shaker.

Brown Sugar:

246. If brown sugar is lumpy, steam it in double boiler; or place in a bread box or refrigerator for a few days.

247. To soften rock-hard brown sugar, add a slice of soft bread to the package of brown sugar, close the bag tightly and in a few hours the sugar will be soft again. If you need it in a hurry, put brown sugar and a cup of water (do not add to the sugar, set alongside of it) in a covered pan. Place in the oven (low heat) for awhile. (Also works in microwave).

248. Wrap brown sugar in a plastic bag and store in refrigerator in a coffee can with a snap-on lid.

Pancake Syrup:

249. To make an inexpensive syrup for pancakes, save small amounts of leftover jams and jellies in a jar. Or, fruit-flavored syrup can be made by adding 2 cups sugar to 1 cup of any kind of fruit juice and cooking until it boils.

Waffles:

250. Freeze waffles that are left; they can be reheated in the toaster.

«»

KITCHEN CLEAN-UPS

Appliances:

251. To rid yellowing from white appliances try this: Mix together 1/2 cup bleach, 1/4 cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly.

252. Instead of using commercial waxes, shine with rubbing alcohol.

253. For quick clean-ups, rub with equal parts water and household ammonia.

254. Another quick clean-up: try club soda. It cleans and polishes at the same time.

Blender:

255. Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

Can Opener:

256. Loosen grime by brushing with an old toothbrush. To thoroughly clean blades, run a paper towel through the cutting process

Cutting Boards:

257. To rid cutting board of onion, garlic or fish smell, cut a lime or lemon in two and rub the surface with the cut side of the fruit. Or, make a paste of baking soda and water and apply generously. Rinse.

258. Bleach your board clean with lemon juice. Takes away strong odors. Just rub it in.

Dishwasher:

259. Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

KITCHEN CLEAN-UPS

Drain:

260. When the drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water.

261. Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.

Fingerprints:

262. Take away fingerprints and grime with a solution of half water and half ammonia. Store it in a spray bottle.

Floors:

263. When washing kitchen floors, add 1/2 cup of liquid starch to a pail of soapy water and mix well. This leaves floors clean and polished too.

Garbage Disposal:

264. Grind a half lemon or orange rind in the disposal to remove any unpleasant odor.

Grater:

265. For a fast and simple cleanup, rub salad oil on the grater before using.

266. Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing it.

Meat Grinder:

267. Before washing, run a piece of bread through it.

Oven:

268. Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

269. Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

270. Place all removable parts from oven into the bathtub. Draw enough hot water to cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven the rest will be cleaning itself.

271. An inexpensive oven cleaner: Set oven on warm for 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even baked-on grease will wash off.

Refrigerator:

272. To help eliminate odors, fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator.

273. An open box of baking soda will absorb food odors for at least a month or two.

274. To prevent mildew from forming, wipe with vinegar. The acid kills the mildew fungus.

275. Wipe sides and shelves with a glycerine-soaked cloth. Future spills wipe up easily.

276. Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

Sinks:

277. For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for 1/2 hour or so.

278. Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears, wipe with your regular kitchen cleanser.

279. Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

280. Spots on stainless steel can also be removed with white vinegar.

281. Club soda will shine up stainless steel sinks in a jiffy.

KITCHEN CLEAN-UPS

Sponges:
282. Wash in your dishwasher or soak overnight in salt water or baking soda added to water.

Work Surfaces:
283. Wipe kitchen work surfaces down with full strength white vinegar. This will also prevent mold.

«»

BATHROOM CLEAN-UPS

Bathroom Tile:
284. Rub ordinary car wax into your ceramic bathroom tiling to clean and refinish. Let it stand 10 minutes and buff or polish.
285. Use a typewriter eraser to clean spaces between bathroom tiles.

Metal Shower Head:
286. To clean mineral deposits from a clogged shower head, boil it with half a cup of white vinegar and one quart of vinegar for awhile.

Plastic Shower Head:
287. Soak a plastic shower head in a hot vinegar and water mixture to unclog it.

Shower Curtains:
288. Before hanging shower curtains, soak them in a salt water solution to prevent mildew.
289. To remove mildew on shower curtains, wash them in hot soapy water, rub with lemon juice, and let them dry in the sun.

Bathroom Fixtures:
290. Dip a cloth in kerosene or rubbing alcohol to remove scum from your bathroom fixtures.

Porcelain Sinks/Tubs:
291. Lighter fluid will remove most dark, stubborn stains from sink and bathtub.
292. Restore whiteness to a yellowed bathtub by rubbing with a salt and turpentine solution.

Shower Mat:
293. Dip a stiff brush in a kerosene and warm water solution to clean the bath mat.

Rust Stains:
294. Spread a paste of hydrogen peroxide and cream of tartar over the area, and add a few drops of ammonia. Let it stand for 2 to 3 hours.
295. Rust stains on tile can be removed with kerosene.

Shower Doors:
296. Rub glass shower doors with a white vinegar-dampened sponge to remove soap residue.

Easy Bathroom Cleaning:
297. Clean your bathroom after a steamy bath or shower. The walls, fixtures, etc., will be much easier to clean because the steam will have loosened the dirt.

Sink:
298. Light stains can often be removed by simply rubbing with a cut lemon.
299. Dark stains and rust can be removed with a paste of borax and lemon juice.

Medicine Cabinet:
300. It's a good idea to go through your medicine cabinet several times a year and throw away any medicines that are old or outdated. They could be dangerous.

Dripping Faucet:
301. If the drip occurs during the night and you can't sleep, simply wrap a cloth around the opening of the faucet.

BATHROOM CLEAN-UPS

Sweet-Smelling Bathroom:

302. Place a fabric softener sheet in the wastepaper basket. Or, add a touch of fragrance by dabbing your favorite perfume on a light bulb. When the light is on, the heat releases the aroma.

Steam-Free Mirror:

303. If your medicine cabinet has two sliding mirrors, slide one side open before taking a bath or shower. After the bath, you'll have one clean mirror instead of two that are steamed and foggy.

CARPETS

Rug Care:

304. When washing and drying foam-backed throw rugs, never wash in hot water, and use the "air only" dryer setting to dry. Heat will ruin foam.

305. If your carpeting is only slightly dirty, you can clean it with corn meal. Use a stiff brush to work the corn meal into the pile of the carpet. Take it all out with the vacuum.

306. For new carpeting wait about three months before attempting to clean your carpet. It needs that amount of time to spring up and keep its normal nap.

307. To raise flattened spots in shag carpeting where heavy furniture has stood, use a steam iron. Hold the iron over (not on) the spot and build up a good steam. Then brush up the carpet.

308. Give your carpet a new lease on life. Sprinkle some salt on it right before you vacuum. The rug will be much brighter when you have finished vacuuming.

Carpet Stains:

309. **Ballpoint:** Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

310. **Blood:** Rub off as much as you can at first, then take a cloth soaked in cold water and wet the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot too. Rinse it right away with cold water.

311. **Glue:** Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

312. **Pet Stains:** Blot up excess moisture with paper towels. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.

313. **Spills:** When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.

314. **Wax (Candle):** Use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

FLOORS

Wooden:

315. Use cold tea to clean woodwork and varnished floors.

316. Put thick old socks over the legs of heavy furniture when moving across floors.

317. Never use water or water based cleaners on wood floors. Over a period of time, warping and swelling will develop.

FLOORS

Vinyl / Linoleum:

318. Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

319. When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

320. Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.

321. Loose Linoleum? Take a knife with some tile adhesive and work it under the loose part. Put a heavy weight, such as a big stack of books over the whole area and keep it weighted down for the amount of time it says on the can of adhesive.

Stains On Vinyl Or Linoleum:

322. Blood: Use silver polish to remove from flooring.

323. Grease: Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

324. Heel Marks: Just take a pencil eraser and wipe them off.

325. Nail Polish: Allow to almost dry, then peel off of waxed floors or tile.

326. Tar: Use paste wax to remove tar from floors. Works on shoes, too.

Garage Floors:

327. In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

328. Sand may be sprinkled on oily spots. Let it absorb the oil then sweep up.

WOODEN FURNITURE

To Remove Polish BuildUp:

329. Mix 1/2 cup vinegar and 1/2 cup water together. Rub wooden furniture with a soft cloth that has been moistened with this solution, but wrung out. Dry immediately with another soft cloth.

Polishing Carved Furniture:

330. Dip an old soft toothbrush into furniture polish and brush lightly.

Cigarette Burns:

331. For minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

332. Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. Always consider the value of the furniture. It might be better to have a professional make the repair.

Scratches:

333. Make sure you always rub with the grain of the wood when repairing a scratch.

Walnut: Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.

Mahogany: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

Red Mahogany: Apply ordinary iodine with a number "0" artist's brush.

Maple: Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

Ebony: Use black shoe polish, black eyebrow pencil or black crayon.

WOODEN FURNITURE

Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

Lightfinished furniture: Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.

For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.

For larger scratches: Fill by rubbing with a wax stick (available in hardware or paint stores) or a crayon that matches the finish of the wood.

Removing Stuck-On Paper:

334. Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.

Removing Decals:

335. Old decals can be removed easily by painting them with several coats of white vinegar. Give the vinegar time to soak in, then gently scrape off.

Removing White Water Rings:

336. Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

337. Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

338. Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

Removing Candle Wax:

339. Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

HEALTH AND BEAUTY

Age Spots:

340. To fade age spots, rub on a solution that has been made by combining 1 teaspoon onion juice and 2 teaspoons vinegar. Apply to area with a soft cloth.

Arthritis:

341. To ease arthritis pain, add 1 teaspoon honey and 1 teaspoon apple cider vinegar to a glass of water. Drink a glass in the morning and another in the evening. (Usually a month passes before the benefits are noticed).

Burns:

342. For a bad burn, put on a paste of water and baking soda.

343. For treating a mild burn, dab the area with a bit of apple cider vinegar.

Breath Fresheners:

344. A great mouthwash and gargle is made by adding a tablespoon of apple cider vinegar to a glass of warm water.

345. After eating garlic or onions, chew parsley or eat half a lemon with salt to kill the after taste and smell.

Cleaning Combs & Brushes:

346. A solution of baking soda and hot water cleans hair brushes and combs.

Cuticle Treatment:

347. Apply a mixture of equal parts of castor oil and white iodine to your cuticles every night.

Deodorant:

348. To make your own pump-spray deodorant, just add 4 tablespoons of alum to 1 quart of water. Mix it up and put into a spray bottle. If you want a scent, add your favorite cologne.

349. Deodorants work best when applied before retiring at night. The deodorants are less effective when the body is overheated.

HEALTH AND BEAUTY

Eyes:

350. To refreshen tired eyes, place fresh cold cucumber slices on your eyelids to rid them of redness and puffiness.

Facial:

351. A good and inexpensive facial to try: Mash half an avocado, spread thickly on face, and remove with warm water 20 minutes later.

Hair:

352. Mayonnaise gives dry hair a good conditioning. Apply 1/2 cup mayonnaise to dry, unwashed hair. Cover with plastic bag and wait for 15 minutes. Rinse a few times then shampoo thoroughly.

353. For homemade dry shampoo, mix together 1 tablespoon salt and 1/2 cup corn meal for your own homemade dry shampoo. Transfer to a larger holed shaker, sprinkle it on oily hair lightly and brush out dirt and grime.

354. Baby powder or cornstarch can also be used as dry shampoos. Sprinkle on dry hair, wait a few minutes, then brush out.

355. Dandruff sufferers may find that 1/2 cup apple cider vinegar added to two cups of warm water and applied after rinsing your hair thoroughly will help their condition.

356. To eliminate the "frizz" from over-permed hair use a vinegar and water rinse. It will brighten dark hair and adds a sparkle to blonde hair.

357. Removing chewing gum from hair (or practically anything else) is easy. Use the white of an egg.

Jewelry:

358. To unsnarl small-linked necklaces and watch chains, drop them into warm grease for a minute and unsnarl with a needle.

359. Rings and fine jewelry may be cleaned in a solution of one part of ammonia to two parts water.

Manicure:

360. Soak your hands in warm water with lemon juice added. Take them out after 8 minutes. Rub some lemon peel over the nails while you gently push back the cuticle. Then buff with a soft cloth.

Nail Polish:

361. Don't throw away that gummy nail polish. Place the bottle in boiling water to bring it back to its original consistency.

362. Before you put on polish put vinegar on your nails. It will clean them completely and help nail polish stick longer.

Skin:

363. To relieve itchy skin, pat on apple cider vinegar. If the itch is in a delicate body area (such as the eyes) dilute with 4 parts water to 1 part vinegar. For use in a bath, add 2 to 3 cups of apple cider vinegar to the bath water.

364. Itchy swellings and blemishes may be eased by an application made of a paste from vinegar and cornstarch. Pat it on and the itch will be relieved as it dries.

Sore Throat:

365. Relieve the discomfort of a sore throat caused by a cold. Mix together 1/4 cup honey and 1/4 cup apple cider vinegar. Take 1 tablespoon every 2 to 4 hours.

Sunburn Relief:

366. A wonderful relief for sunburn pain is the application of mint-flavored milk of magnesia to the skin.

367. Dab on some apple cider vinegar. The pinkness and pain will disappear.

368. To cool a sunburn, bathe in a tub of lukewarm water to which a cup of apple cider vinegar has been added.

INDEX

APPETIZERS AND BEVERGAES ..... 1 - 24

Appetizers

Anchovy Cheese Dip 1
Apples With Butterscotch 1
Hot Artichoke Dip 1
Artichoke Dip 2
Avocado Dip 2
Caramel Corn 2
Marinated Carrot Sticks 3
Red Neck Caviar 3
Stuffed Celery 3
Celery Cheese Ball 3
Cheese Balls 4
Cheese Curry Sausage Ball 5
Cheese-Olive Balls 5
Pineapple Cheese Ball 6
Surprise Cheese Puffs 6
Cheese Snacks 6
Cheese Wafers 7
Cheese Wafers 7
Cheese Roll 7
Cheese Dill Dip 8
Cheese Straws I 8
Cheese Straws II 8
Cheese Straws III 8
Chili Cheese Log 9
Mexi-Chili Dip 9
Chili Dips 9
Clam Dip 10
Cucumber Chili Dip 10
Cucumber Rounds 10
How 'Bout Them Dogs 10
Curry Chutney Mold 11
Deviled Eggs 11
Swiss Fondue 11
Cheese Fondue 12
Cheese and Shrimp Fondue 12
Fruit and Nut Balls 12
Imitation Chopped Liver 12
Toasty Nut Granola 13
Jalapeño Cocktail Pie 13
Orange Balls 13
Cocktail Meatballs 14
Orange Pecan Balls 14
Snack-Seasoned Oyster Crackers 14
BBQ Pecans 15
Date Nut Balls 15
Spiced Pecans 15
Perley Pot 16
Fried Dill Pickles 16
Pimento Cheese Spread 16
Pickled Pimentos 17
Shrimp Butter 17
Slang Jang 17
Sweet and Sour Meatballs 18
Shrimp Spread 18
Sour Cream Paprika 19
Spinach Dip 19
Sugared Walnuts 19

Beverages

World Famous Bloddy Mary's 20
Hot Spiced Apple Cider 20
Egg Nog 20
Coffee Punch 21
Punch 21
Almond Tea 21
Cranberry Tea 22
Tea Punch 22
Russian Tea 22
Spiced Tea 23
Scuppernong Wine 23
Spiced Wine 24

SOUPS AND SALADS ..... 25 - 36

Soups

Leek Soup 25
Easy Vichyssoise 25
Chuck Wagon Chower 25
Camp Stew 26
Taco Soup 26

Whole Meal Soup 26
Savory Split-Pea Soup 27
Creole Gumbo 28
Salads
Orange Crown Salad 28
Grapefruit Salad 29
Seven Layer Salad 29
Orange Spinach Salad 29
Cucumber Salad 30
Cranberry Salad 30
Spinach Salad 31
Strawberry Pretzel Salad 31
Crisp Summer Salad 31
Cold Bean Salad 32
Hour Slaw 32
Broccoli Salad 32
Marinated Carrots 33
Zesty Tomato Aspic 33
Pink Cream Cheese Salad 33
Pineapple Date Salad 34
Hot Chicken Salad Casserole 34
Salad Dressings 34
Mushroom Bacon Salad 35
Curried Chicken Salad 35
Layered Christmas Ring 35
Blueberry Congealed Salad 36
Blueberry Salad 36
BREADS AND BREAKFASTS ..... 37 - 54
Breads
Banana Nut Bread 37
Apple Coffee Cake 37
Bran Fruit Muffins 38
Orange Nut Bread 38
Poppy Seed Bread 39
Spoon Bread 39
Most Unusual Spoon Bread 40
English Walnut Bread 40
Carrot Bread 41
Monkey Bread 41
Strawberry Bread 42
Zucchini Bread 42
Punkin' Bread 42
Old Virginia Batter Bread 43
Bacon and Onion Batter Bread and Vegetable Dill Variation 43
Cranberry Nut Bread 44
Paris Puffins 44
Amish Friendship Bread 44
Amish Friendship Bread 45
Breakfasts
Friendship Pancakes 46
Avocado Sandwich 46
Ham and Egg Salad Sandwiches 46
Frozen Ham Sandwiches 46
Crabmeat Sandwiches I 47
Crabmeat Sandwiches II 47
Argyle Hotel Icebox Rolls 47
Biscuits Supreme 48
Sausage Biscuits 48
Overnight Coffee Cake 48
Pancakes 49
Breakfast Brunch Cake 49
New Orleans French Toast 50
Oven French Toast 50
Lightest Waffles 50
Eggs for the "Rug Rats") 51
Eggs and Grits Casserole 51
Cheese and Egg Bake 51
Eggs Benedict 52
Golden Omelet 52
Scrambled Eggs 52
Cheese Grits 52
Grits 53
Nassau Grits 53
Breakfast Casserole 53
Country Grits and Sausage Casserole 54
A Breakfast Casserole 54
MAIN DISHES ..... 55 - 80
Beef Tenderloin 55
Texas Delight 55
4th of July Spaghetti 56

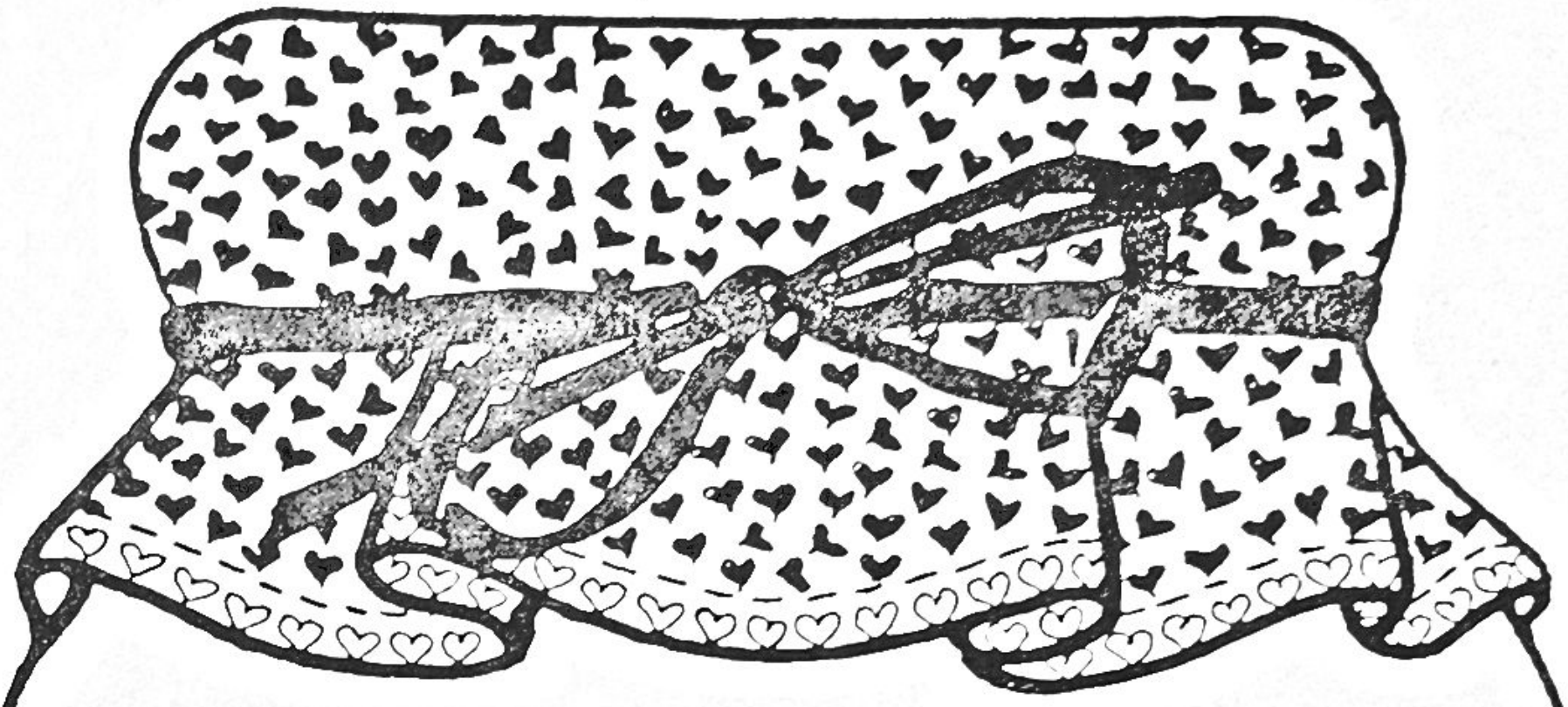
Tamale Bake 56
Pilaf 57
Fiesta 57
Linebackers' Lasagna 58
French Onion Beef Stew 59
Parmesan Meat Loaf 60
Oriental Meat Loaf 60
Fajitas 61
Brisket Roast 62
Beef Brisket 62
Busy Day Casserole 62
Rib Steaks with Mustard and Herbs 63
Balsamic Chicken 63
Elegant Chicken Artichokes 64
Chinese Chicken 64
Chicken Loaf 65
Chicken Casserole with Poppy Seed . 65
Turkey Strata 66
Barbecued Coke Chicken 66
Lo-Fat Barbecued Coke Chicken 66
Drunken'Chicken 67
Chicken Tortilla Bake 67
Chicken Casserole 68
Chicken Waikiki Beach 68
Brunch Ham and Broccoli Bake 69
Ham and Cheese Pie 69
Meat and Sausage Loaf 70
Ham Loaf 70
Coca Cola Pork Chops 70
Kalua Pig 70
Pork Chops and Rice 71
Oven Baked Barbecued Spareribs 71
Sausage Stroganoff 72
Marinated Blue Fish 72
Crab Casseroles 73
Crabmeat Divine 73
Hot Crabmeat Soufflé 74
Scalloped Oysters 74
Scalloped Oysters 75
Shrimp Au Gratin 75
Quick Shrimp Curry 75
Bubba's Beer-Broiled Shrimp 76
Shrimp Casserole 76
Shrimp Etouffee 77
Shrimp Loaf 77
Shrimp Mold 77
Shrimp Soufflé 78
Cheese Soufflé 78
Quiche Without a Crust 78
Ham Asparagus Quiche 79
Macaroni and Cheese Pie 79
Grandmother's Quiche 80
VEGETABLES ..... 81 - 96
Black Beans and Rice 81
Party Broccoli Casserole 81
Broccoli Casserole 81
Red Beans and Rice 82
Carrot Soufflé 83
Lo-Fat Copper Pennies 83
Saucy Cauliflower 83
Baked Cauliflower 84
Corn Bake 84
Corn Casserole 84
Bland Family Favorite 85
Onion Pie 85
Vidalia Onion Pie 85
Gene's Vidalia Onion Pie 86
Hash Brown Potato Casserole I 86
Hash Brown Casserole II 86
Hash Brown Casseorle III 87
Creamy Potluck Potatoes 87
Potato Salad 88
Scalloped Potatoes 88
Rice Casserole 88
Sweet Potato Casserole 89
Sweet Potato Casserole 89
Sweet Potato Cups 89
Spinach Pudding 90
Squash Croquettes 90
Squash Casserole 90
Squash Casserole 91

Squash Casserole 91
Posh Squash Casserole 91
Baked Acorn Squash..... 92
Stuffed Acorn Squash 92
Succotash..... 93
Tomato Pudding 93
Hot Pineapple Casserole..... 93
Vegetable Medley Casserole 94
Vegetable Medley..... 94
Bettye's Multi-Vegetable Casserole . 95
CAKES, COOKIES AND CANDY .....97 - 116
Cakes
Mark's Best Ever Rum Cake..... 97
Rum Cake 98
Jell-O Surprise Cake 98
Whipping Cream Pound Cake..... 98
Coconut Pound Cake..... 99
19th Century Pound Cake..... 99
Sour Cream Pound Cake.....100
Strawberry Angel Food Fluff 100
Italian Cream Cake 101
Golden Angel Food 101
Hummingbird Cake.....102
Mississippi Mud Cake.....102
Tiny Fruitcakes.....103
Sock It To Me Cake.....103
Buttermilk Chocolate Cake.....104
Caramel Filling.....104
Mother's Southern Devil's Food Cake 105
Lemon Filling.....105
Julie's "Youthful" Carrot Cake 106
Cookies
Potato Chip Shortbread Cookies 106
Caramel Brownies.....107
Brownies.....107
Saucepan Brownies.....108
Southern Belles.....108
Chocolate Cookies 109
Peanut Butter Cookies 109
Forgotten Cookies.....109
Date Balls.....110
Date Squares.....110
Brownies.....110
Christmas Cookies.....111
Chocolate Peanut Butter Balls.....111
Tea Cakes.....111
Candy
Candied Pecans.....112
Divinity.....112
Peanut Brittle.....112
Fudge.....112
Fool-Proof Chocolate Fudge.....113
Potato Candy.....113
Pralines.....113
Praline Variations.....114
Meican Orange Candy 115
DESSERTS AND PIES.....117 - 130
Syllabub.....117
No Cook Dessert.....117
Instant Charlotte.....117
Angel Cream.....118
Iowa's Best Gammie Carol's Chocolate Sundae Dessert.....118
Layered Pudding Delight.....119
Fruit Pizza.....119
Better Than Robert Redford Dessert.....119
No-Bake Strawberry Cheese Cake..121
Coconut Pineapple Squares 121
Chocolate Chip Pie.....122
Japanese Fruit Pie 122
Cheese Torte.....122
Peppermint Fruit Roll 123
Coconut Cream Pie.....124
Chocolate Pizza.....125
Cottage Pudding.....125
Canary Pudding 125
Bread Pudding 126
Egg Custard.....126
Rum Custard 126

Fried Ice Cream.....127
Frozen Delight.....127
Banana Split Pie.....128
Pineapple and Banana Pie.....128
Egg Custard Pie.....128
Coconut Fluff Pie.....129
French Silk Pie.....129
Pumpkin Gelatin Chiffon Pie.....130
POTPOURRI.....131 - 146
Tomato Gravy.....131
Chicken Finger Sauce.....131
Marinade for Boston Butt.....131
Three Sauces for Chicken Nuggets....132
Chimichurri-an Argentine Special Parsley Sauce.....132
Tartar Sauce.....132
Chocolate Suace.....133
Chocolate Sundae Sauce.....133
Mystery Sauce.....133
Snail Butter.....133
Strawberry Butter.....134
Strawberry Almond or Pecan Butter.....134
Whipped Butter.....134
Lemon Syrup.....134
Blueberry Syrup.....135
Maple Syrup.....135
Praline Syrup.....135
Strawberry Syrup.....135

NOTES

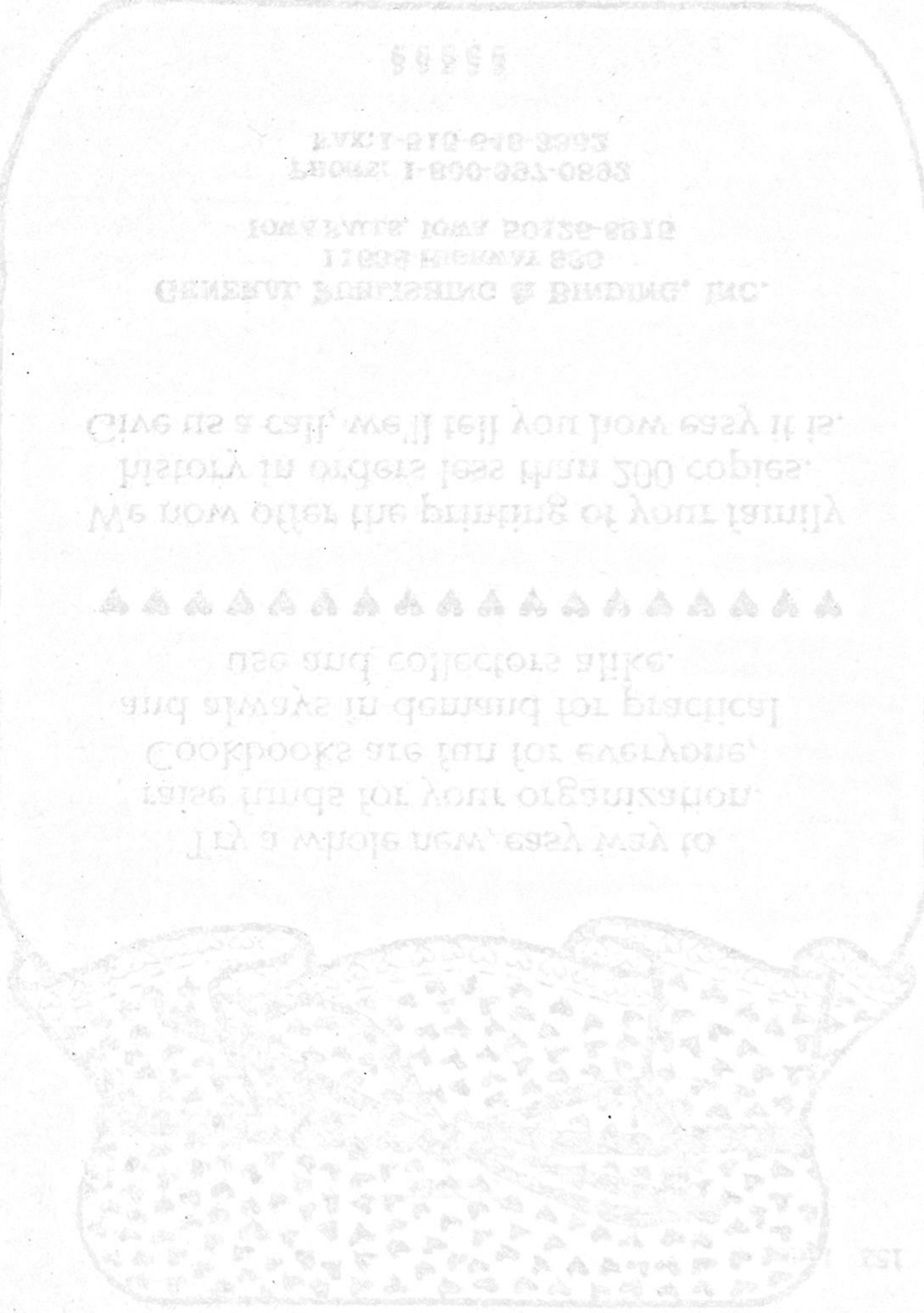
§ § § § §



Try a whole new, easy way to
raise funds for your organization.
Cookbooks are fun for everyone,
and always in demand for practical
use and collectors alike.

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

We now offer the printing of your family
history in orders less than 200 copies.
Give us a call, we'll tell you how easy it is.

GENERAL PUBLISHING & BINDING, INC.
11638 HIGHWAY S33
IOWA FALLS, IOWA 50126-8815

PHONE: 1-800-397-0892
FAX:1-515-648-3352